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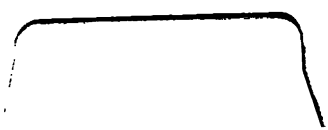

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MODERN COOKERY.

GENERAL DIRECTIONS FOR SOUPS AND STOCK.

SOUPS.

THE perfection of soup is, that it should have no particular flavour; this can only be secured by careful proportion of the several ingredients.

The kettles in which the soups are made should be well tinned, and kept particularly clean, by being washed in hot water and rubbed dry before they are put away; otherwise they will have a musty smell, which will give a disagreeable taste to all things afterwards cooked in them. If they are not kept well tinned also, the taste as well as the colour of the soup will be liable to be affected by the iron; and if the soup-kettle be made of copper and the tinning not quite perfect, everything cooked in it will be in a greater or less degree poisonous, as everything which is sweet, salt, or sour, extracts verdigris from copper.

Lean, juicy, fresh-killed meat, is best for soup; stale-meat will make it ill-flavoured; and fat meat is

very wasteful. An economical cook will save, as ingredients for soup, the liquor in which meat has been boiled; for example, leg of pork liquor may be easily made into peas' soup; and calf's head liquor, and knuckle, be made the base or stock of white soup. The trimmings of undressed meat and game will be useful to enrich soups; and the bones of dressed or undressed meat assist to make a good stock. Ham gives fine flavour as well as the bone of a dressed ham, taking care to allow for its saltness.

Soft water should *always* be used for making soup, unless it be of *green* peas, in which case *hard water* better preserves its colour; and it is a good general rule to apportion a quart of water to a pound of meat, that is to say, *flesh* without bone; but rich soups may have a smaller quantity of water.

The water in the soup-kettle, when first put on, should not be allowed to boil for at least half an hour, else the water will not penetrate, but harden the meat, and keep in the impurities which, in slow heating, will rise as scum. Long and slow boiling, for at least four or six hours, is necessary to extract the strength from meat; but the pot should never be off the boil from the time it commences. The fat should be taken off as it rises. If, however, as is generally thought desirable, the soup should be prepared the day before it is wanted, the fat can be removed when cold, in a cake; and the soup attains *more consistence* without losing the flavour; but it

need not be seasoned till wanted, and then slowly heated till boiling.

When put away to cool, the soup should be poured into a freshly scalded, and thoroughly dried *earthen pan;* and, when to be kept for some days, occasionally simmered for a few minutes over the fire, to prevent its becoming mouldy; in rewarming soup be careful not to pour in the sediment.

Spices should be put whole into soups; allspice is one of the best, though it is not so highly esteemed as it deserves.

Seville orange-juice has a finer and milder acid than lemon-juice; but both should be used with caution.

Sweet herbs, for soups or broths, consist of knotted *marjoram*, *thyme*, and *parsley*—a sprig of each tied together. *Tarragon* is also used in soups.

The older and drier onions are, the stronger their flavour; in dry seasons, also, they are very strong: the quantity should be proportioned accordingly.

Although celery may generally be obtained for soup throughout the year, it may be useful to know, that dried celery-seed is an excellent substitute. It is so strongly flavoured, that a dram of whole seed will enrich half a gallon of soup as much as will two heads of celery.

Mushrooms are much used, and when they cannot be obtained fresh, mushroom ketchup will answer the purpose, but it should be used very sparingly, as nothing is more difficult to remove than the over-flavouring *of ketchup.*

A piece of butter, in proportion to the liquid, mixed with flour, and added to the soup, when boiling, will enrich and thicken it. Arrow-root, or the farina or flour of potatoe, is far better for the thickening of soups than wheaten flour.

The finer flavouring articles, as ketchup, spices, wines, juice, &c., should not be added till the soup is nearly done.

A good proportion of wine is, a gill to three quarts of soup; this is as much as can be used without the vinous flavour predominating, which is never the case in well made soups. Wine should be added late in the making, as it evaporates very quickly in boiling.

Be cautious of *over-seasoning* soups, with pepper, salt, spices, or herbs, for it is a fault that can seldom be remedied; any provision over-salted is spoiled. A tea-spoonful of sugar is a good addition in flavouring soups.

Vermicelli is added to soups in the proportion of a quarter of a pound for a tureen of soup for eight persons; it should be broken, then blanched in hot water, and is better if stewed in broth before it is put into the soup.

If soups are too weak do not cover them in boiling, that the watery particles may evaporate; but if strong, cover the soup-kettle close. If they want flavour, most of the prepared sauces will give it to meat-soups, and anchovy with walnut ketchup and soy, will add to those of fish, but must be used sparingly.

If colouring be wanted, a piece of bread toasted as

brown as possible—but not blackened—and put into soup to simmer for a short time before its going to be served, will generally be found sufficient. Burnt onions will materially assist in giving a fine brown colour to soup, and also improve the flavour; or burnt sugar, the usual browning, may be used.

To clarify soup, put into it, when first set on, the whites of one or two eggs beaten to a stiff froth; skim the pot constantly, and the liquor will be clear when strained. Soak the napkin in cold water before you strain hot soup through it, as the cold will harden the fat and only allow the clear soup to pass through. Clarifying destroys somewhat of the savour of the soup, which ought, therefore, to be more highly seasoned.

It is very usual to put force-meat balls, of various sorts, into many different soups, for the purpose of improving their flavour and appearance.

There is sometimes great prejudice against the use of particular sorts of seasoning and spices. *Garlic* is amongst these; and many a dish is deprived of its finest flavour for want of a moderate use of it.

Tomatoes would also be found a great improvement in many kinds of soup. If onions are too strong, boil a turnip with them, and it will render them mild.

In stirring soup, do it always with a wooden spoon.

By a *tureen of soup* is generally meant three quarts.

Soup-Herb Powder, or *Vegetable Relish*, is an excellent article to keep on hand; it may always be used when fresh herbs cannot be had. Make it in the following manner. Take dried *parsley*, *winter savoury*, *sweet marjoram*, *lemon-thyme*—of each *two ounces; lemon peel*, cut very thin and dried, and *sweet basil—one ounce* each. Dry these ingredients in a warm (not hot) oven, or by the fire, till you can pound them fine in a mortar, and pass the powder through a hair-sieve. Put this powder in a clean dry bottle, and keep it closely corked. The fragrance will be retained many months. It is an economical and delicious flavouring.

STOCK.

The basis of all well-made soups is composed of what English cooks call "*Stock*," or broth, made from all sorts of meat, bones, and the remains of poultry or game; all of which may be put together and stewed down in the "Stock-pot;" the contents of which are, by the French, termed *Consommé*.

This is chiefly used for the preparation of *brown* or gravy soups: that intended for *white* soups being rather differently compounded, though made in nearly the same manner.

BROWN STOCK.

Put ten pounds of shin of beef, six pounds of knuckle of veal, and some sheep's trotters or a cow-*heel, in a closely* covered stew-pan, to draw out the

gravy very gently, and allow it nearly to dry in until it becomes brown. Then pour in sufficient boiling water to entirely cover the meat, and let it boil up, skimming it frequently; seasoning it with whole peppers and salt, roots, herbs, and vegetables of any kind. That being done, let it boil gently five or six hours, pour the broth from off the meat, and let it stand during the night to cool. The following morning take off the scum and fat, and put it away in a stone jar for further use.

Or: Put into a stew-pan a piece of beef, a piece of veal, an old fowl, some slices of ham or bacon, and all the trimmings of meat that can be obtained; add to these materials, where such things are abundant, partridge, grouse, or other game, which may not be sufficiently young and tender for the spit. Put a little water to it, just enough to cover half the meat, and stew very gently over a slow fire or steam apparatus. When the top piece is done through, cover the meat with boiling water or broth; season with spices and vegetables, and stew all together for eight or ten hours in an uncovered stew-pan; skim off the fat, and strain the liquor through a fine sieve, or woollen *tamis*, known by cooks as a "tammy."

Brown stock may be made from an ox-cheek, ox-tail, brisket, flank, or shin of beef; which will, either together or separately, make a strong jelly, if stewed down with a piece of ham or lean bacon, in the proportion of *half a pound* to every seven pounds of

meat; but the shin of beef *alone* will afford a stronger and better flavour.

This stock may also be reduced to a *glaze* by boiling the skimmed liquor as fast as possible in a newly tinned stew-pan, until it becomes of the desired consistence, and of a good brown colour—taking care, at the same time, to prevent it from burning.

WHITE STOCK.

Take scrag or knuckle of veal, ox-heel, or calf's-head, together with an old fowl, and the trimmings of any white poultry or game which can be had, and lean ham in the proportion of one pound to every fourteen pounds of meat. Cut it all into pieces (add three or four *un*roasted onions and heads of celery, with a few blades of mace; but neither carrots, pepper, nor spice of any kind but mace); put it into the stock-pot, with just water enough to cover it; let it boil, and add three onions and a few blades of mace; let it boil for five hours, and it is then fit for use.

VEAL GRAVY.

When all the meat has been taken from a knuckle of veal, divide the bones, and lay them in a stew-pot, with a pound of scrag of a neck, an ounce of lean bacon, a bunch of parsley, a little thyme, a bit of lemon-peel, and a dessert-spoonful of pepper; add as much water as will cover them. Boil and skim it; stop the pot down close, and let it simmer as *slowly as possible* three hours. Strain off, and let

it stand till cold; then skim it, and take the jelly from the sediment. Pound some mace fine, and boil it with two spoonfuls of water, and add to the gravy. If cream is to be put to it, do not add the salt until the gravy comes off the fire.

SOUPS.

MOCK-TURTLE SOUP.

TAKE a calf's head which has been scalded, and quite fresh; place it in a pot which will just hold it, and cover with cold water. Let it boil for half an hour; then cool in cold water. Take a sharp knife; make a cut down the forehead, and remove the scalp, keeping close to the skull. Scrape off the rough cuticle inside the cheek, and cut in pieces an inch square. Tear open the jawbones, and take out the tongue and palate; both of which flay. Cut the tongue in thin slices. Lay open the ears, and take away the skin which is inside. Put the whole into a stew-pan, with as much stock or water as will just cover, and boil till tender. Melt one pound of fresh butter in a stew-pan; pare and cut down in very thin slices six large onions, and fry in the butter, taking care not to burn. When tender, add

a pound and a half of flour, with a few sprigs of sweet basil, marjoram, and thyme; which stir carefully with a square wooden spattle until the flour is slightly coloured. Pull the pot aside; add a ladleful of hot stock, and mix till smooth. When as much stock has been added as will make it to the consistence of cream, strain the whole through a fine hair search, add the pieces of head, and set it on the fire. When coming through, carefully remove all the scum as it rises on the top. After a few minutes, add two wine glasses of mushroom ketchup, and one of essence of anchovies; season with Cayenne pepper and salt to taste; finish with a quarter bottle of Sherry. Twelve or fourteen quarts will be produced from the above: if less is required, only use half a head.

TURTLE SOUP.

Hang up the turtle by the hind fins, cut off the head, and allow it to drain.

Cut off the fore fins, and separate the callipash (*upper* shell) from the callipee (*under* shell), beginning at the hind fins. Cut off the fat which adheres to the callipash, and to the lean meat of the callipee. Then cut off the hind fins. Take off the lean meat from the callipee and from the fins; cut it into pieces two inches square, and put it into a stew-pan. The callipash, callipee, and fins, must be held in scalding (but not boiling) water a few minutes, which will *cause the shell to* part easily.

Cut the callipash and callipee into pieces about six inches square; which put into a stock-pot, with some light veal stock. Let it boil until the meat is tender, and then take it out into cold water. Free the meat from the bones, and cut it into pieces an inch square. Return the bones into the stock, and let it boil gently for two hours. Strain it off; and it is then fit for use.

Cut the fins across into pieces about an inch wide, and boil them in stock with an onion, two or three cloves, a faggot of parsley and thyme, and a sprig of sweet basil and marjoram. When tender, take them out, and add this stock to the other.

Take the lean meat; put it into a stew-pan, with a pint of Madeira, four table-spoonfuls of chopped green shallot, two lemons sliced, a bunch of thyme, marjoram, and savory (about two table-spoonfuls each when chopped), one and a half table-spoonfuls of sweet basil (chopped), and four table-spoonfuls of parsley. Pound together a nutmeg, one dozen allspice, one blade of mace, five or six cloves, and one table-spoonful of pepper and of salt. Mix the whole together with as much curry powder as will lie on a shilling. Put about two-thirds of this to the lean meat, with half a pound of fresh butter and one quart stock. Let the whole be gently sweated until the meat is done.

Take a large knuckle of ham; cut it into very small dice; put it into a stew-pan, with four large onions sliced, six bay-leaves, three blades of mace, one dozen allspice, and three quarters of a pound of

butter; and let it sweat until the onions are melted. Shred a small bunch of basil, a large one of thyme, savory, and marjoram; throw these into the onions, and keep them as green as possible: when sweated sufficiently, add flour according to your judgment sufficient to thicken the soup. Add, by degrees, the stock in which the callipash and callipee were boiled, and the seasoning stock from the lean meat. Boil for an hour; rub through a tammy; and add salt, Cayenne, and lemon juice, to palate. Then put in the meat. Let it all boil gently about half an hour; and if more wine be required, it must be boiled before being added to the soup. This is for a turtle of from forty to fifty pounds. It should, however, be recollected that the animal is of various weights—from a chicken-turtle of forty pounds to some hundred-weights; and the condiments must be apportioned accordingly. It should invariably be made the day before it is wanted.

Forcemeat for Turtle.—One pound of fine fresh suet, one pound of ready-dressed veal or chicken chopped fine, crumbs of bread, a little shallot or onion, salt, white pepper, nutmeg, mace, pennyroyal, parsley, and lemon-thyme finely shred. Beat as many fresh eggs, yolks and whites separately, as will make the above ingredients into a moist paste; roll into small balls, and boil them in fresh lard, putting them in just as it boils up. When of a light brown, take them out, and drain them before the fire.

Balls made this way are remarkably light; but

being greasy, some people prefer them with less suet and eggs. They may therefore be made thus: Chop up the materials with a little white pepper and salt, a sage leaf or two scalded and finely chopped, and the yolk of an egg; make them into small cakes or fritters, and fry them.

MULLIGATAWNY.

Cut up two knuckles of veal, weighing ten or twelve pounds, into very small pieces; and half a pound of lean ham, in slices. Just cover the meat with cold water; set it on the fire, and take off the scum as it rises. Then add two carrots and one turnip. Boil for three hours; strain through a fine search; add two or three quarts of boiling water to the strained meat, and boil one hour longer. Strain, and add to the first stock. Cut up two tender chickens into nice pieces; wash them carefully, and remove the lungs. Boil them with a little of the stock till tender. Pare six large onions; cut them in halves; and shred, with a sharp knife, very fine. Melt six ounces of fresh butter; add the onions, and fry till lightly coloured and tender; add nine ounces of flour and stir for a few minutes; add a good table-spoonful of curry powder, and reduce gradually to the consistence of cream. Strain, and add the chickens; set on the fire; season with salt and a little sugar; skim off the grease; and serve.

VEGETABLE SOUP.

Wash three young carrots, and cut the thick part into inch lengths. Boil them five minutes, and cool in water. With a sharp knife pare off the skin; then cut round the carrot, taking off the red part like a ribbon, leaving the yellow core; then cut into shreds. Slice two turnips thin; and, with a circular cutter, half an inch in diameter, cut as many as possible: a slice may be cut into dice. Take a head of cauliflower, and separate into small flowerette, and half a pint of shelled green peas. Boil two quarts of water, with a spoonful of salt. Throw in the vegetables, and, when tender, strain them. Add the whole to four quarts of clear stock. Season with salt, pepper, and a tea-spoonful of sugar; and boil a few minutes. If approved of, a few button onions and shred lettuce may be added—also parboiled.

HARE SOUP.

Spread half a pound of fresh butter over the bottom of a large stew-pan; lay over a few slices of ham. Cut all the flesh in mouthfuls from a hare. Lay the carcass (which has been previously broken in pieces with a chopper) in the pot; with one carrot, one turnip, six large onions, one head of celery, all cut up in slices. Add one gill of water. Cover up close. Allow to fry, on the stove or fire, until the bottom of the pot is covered with a glaze. Care must be taken that the fire is not too strong, to prevent catching at *the bottom.* Put the small pieces of hare in another

stew-pan, which has been buttered slightly. Cover up, and allow to stew till they are done. Have six quarts of stock boiling; which add to the large pot. Boil for two hours, and strain. Add the whole together, and set on the fire. Mix three table-spoonfuls of arrowroot in a bowl with a little cold water; when dissolved, add to the soup, with a spoonful of red currant jelly and four glasses of Port wine. Cayenne and salt to taste. And serve, after boiling a few minutes and skimming well.

HARE SOUP.

Another Way.

Skin and paunch a hare. Cut up in convenient pieces, without separating the meat from the bones. Peel three large onions; cut them in halves, and mince fine. Do the same with a head of celery. Grate a carrot fine. Put the whole in a large stew-pan, cover with six quarts of stock, and boil till tender. Put six ounces of butter to melt, add nine ounces of flour, stir over the fire for a few minutes, and reduce with the soup. Add the whole together, and season as before.

CLEAR HARE SOUP.

Cut a large hare into pieces, and put it, together with a scrag or knuckle of veal, and a cow-heel, into a kettle, with five or six quarts of water, herbs, onions, &c., and a little mace; stew it over a slow fire for two hours, or until the *gravy* is good; then take out the

back and legs, cut the meat off, returning the bones, and stewing the whole until the meat is nearly dissolved. Then strain off the gravy, put a glass of wine to every quart of soup, and send it to table with the meat cut into small pieces, and warmed with the wine, which will take about ten or fifteen minutes. Soup may be made in much the same way of either *rabbit* or *fawn*, only not stewing them so long.

FRENCH HARE SOUP.

Skin and wash perfectly clean two young hares, cut them into small pieces, and put them into a stew-pan, with two or three glasses of Port wine, two onions stuck with two cloves each, a bunch of parsley, a bay leaf; of thyme, sweet basil, and marjoram, two sprigs each, and a few blades of mace; let the whole simmer upon a stove for an hour. Add as much boiling broth as will entirely cover the meat, let it simmer till it be soft enough to pulp through a sieve, then strain it, and soak the crumb of a small loaf in the strained liquor; separate the bones from the meat, pound the meat in a mortar, and rub it, along with the liquor, through a sieve; season with pepper and salt, and heat the soup thoroughly, but do not let it boil.

WHITE SOUP.

To make four quarts: cut up six pounds of a knuckle of veal into small pieces, break the bones with the chopper: throw the whole into a basin of *tepid water* for a few minutes, to blanch. Put the

veal in a large stew-pan, with a few slices of lean ham, and just cover with cold water; bring it to the boil, and skim; add one carrot, one turnip, four onions, and a blade of mace; after boiling two hours, strain; add a little more boiling water to the strained meat, and boil an hour, strain, and add the two quantities together; let it stand a quarter of an hour, then remove the grease from the surface, melt four ounces of sweet butter, and add six ounces of fine flour; mix, stir a few minutes, and add a ladleful of stock, by degrees, to a proper consistence; boil, and skim carefully; then add one quart of very sweet cream. Boil a minute after; season with white pepper, a small lump of sugar, and salt; strain through a tammy cloth or very fine hair search; and serve.

WHITE SOUP.

Another Way.

Take a good knuckle of veal, or two or three short shanks; boil it in four quarts of water about four hours, with some whole white pepper, a little mace, salt, two onions, and a small piece of lean ham; strain it, and when cold take off all the fat and sediment; beat up six yolks of eggs, and mix them with a pint of cream; then pour the boiling soup upon it. Boil the cream before putting it in the soup.

GREEN PEA SOUP.

Boil three quarts of stock, and add a good bunch of parsley, a *few sprigs of* green mint, with two quarts

of peas; when tender, strain, and mash the peas till every one is crushed; reduce gradually with the stock strained from them; melt two ounces of butter, and add a table-spoonful of flour; mix, and stir over the fire a minute, and reduce to a nice consistence; season with salt, pepper, and a little sugar.

GREEN PEA SOUP.

Another Way.

May be made with or without meat. For the former, boil three pints of peas, with mint, in spring water; rub them through a sieve, put to them three quarts of brown gravy soup, and boil together; then add about half a pint of whole boiled peas; season, and, if not green enough, add spinach juice. Or, if the gravy be not made, boil with the first peas a ham bone, or veal, or beef bones, and trimmings to make the stock.

To make this soup without meat, put the peas, with some butter, two onions, seasoning, and a pint of water, into a stew-pan. Stew till the peas can be passed through a sieve; which being done, add to the liquor and pulp more water, half a pint of young peas, a few fine lettuce-leaves, and some mint shred finely; and stew all together till soft. Thicken with butter and flour, if requisite.

In either of the above cases, the pea-shells, if very young, may be boiled and pulped with the first parcel of peas.

PORTABLE SOUP,

As Made in a Celebrated Establishment.

One hundred and fifty pounds of legs of best ox beef; it is cut up very small, and the bones are broken and laid at the bottom of a large stock-pot; the meat is just covered with cold water, and allowed to come to the boil slowly, that the albumen may be disengaged, thereby rendering the stock clearer. After being skimmed carefully, the pot is drawn aside, and allowed to simmer steadily for six hours; the stock is then drawn off into large, flat, tinned, iron dishes four inches deep. The meat in the pot is again covered with boiling water, and is again drawn off (by the tap which is at the bottom of the pot, there being also a strainer inside) in two hours. Next morning the grease is removed from the surface, care being necessary not to disturb the sediment at the bottom of each dish. If the soup is wanted particularly clear, the first stock only is used, the second being employed for making glaze for tongues, hams, &c., the process being the same. When the whole is emptied into the pot, it is brought to boil and skimmed carefully, and reduced rapidly on a strong fire; when reduced one-sixth part, the contents are removed into a smaller pot, and reduced to six quarts, seasoned with Cayenne pepper only; strain through a tammy cloth into tins an inch deep; when cold, it is cut out with cutters, or filled into *skins or pots.* A much smaller quantity may

be made, and is invaluable in the kitchen, being used for sauces, soups, dressed dishes, &c.

BROWN SOUP.

Cut up twelve pounds of leg of beef; butter the bottom of a large stew-pan with four ounces of sweet butter; lay a few onions sliced over it, two carrots, one turnip, and one head of celery; lay the lean part of the beef on these, and then the bones. Add one gill of water, and cover up very close; allow to fry on a gentle fire, shaking the pot occasionally to prevent burning; a quarter of an hour after, draw aside, and allow it to reduce till the bottom is covered with a brown glaze; fill up with cold water and a little salt, and take off the scum as it rises to the top; boil three hours, and strain through a fine sieve—one of lawn or muslin is best. Allow the stock to stand a few minutes till it clears; pour off without disturbing the sediment, into a stew-pan, set it on the fire, skim carefully, and season with salt and pepper to taste.

The meat which remains may be made into a second stock, to be used for a thickened soup or any other purpose.

BROWN SOUP.

Another way, more simple and generally adopted.

Cut up the beef into small pieces, and add a small knuckle of veal, with half a pound of lean ham; just *cover with cold* water, allow it to come to the boil,

'skim carefully, set aside and just simmer (if allowed to boil quick, the soup will not be clear); add two carrots, two turnips, six onions, a sprig of basil and marjoram; in four hours strain through a muslin sieve, and finish as before.

It is always better to allow the stock to stand a night, the sediment will then be at the bottom of the basin. A little salt causes the scum to rise; if too pale, add a little browning.

VEAL SOUP.

Skin four pounds of a knuckle of veal; break it and cut it small; put it into a stew-pan with two gallons of water; when it boils, skim it, and let it simmer till reduced to two quarts; strain, and season it with white pepper, salt, a little mace, a dessert-spoonful of lemon juice, and thicken it with a large table-spoonful of flour kneaded with an ounce of butter.

CURRY SOUP.

Season two quarts of strong veal broth with two onions, a bunch of parsley, salt, and pepper; strain it, and have ready a chicken, cut in joints and skinned; put it in the broth with a table-spoonful of curry powder; boil the chicken till quite tender. A little before serving, add the juice of a lemon and a tea-cupful of boiling cream. Serve boiled rice to eat with this soup.

N.B. Always boil cream before putting it in soup or gravy.

HARRICO SOUP.

Cut some mutton cutlets from the neck; trim and fry them to a light brown; stew in brown gravy soup till tender. Have ready some carrots, turnips, celery, and onions; fry them in butter for some time, and clear the soup from the fat; then add the vegetables, colour, and thicken it with butter and flour; season, and add to it a little Port wine and ketchup. If the gravy be ready, the soup will require no more time to prepare than may be necessary to render the chops and vegetables tender, and is an excellent family dish. If wished to be made more highly flavoured, put in a little curry powder.

COTTAGE SOUPS.

Take two pounds of lean beef, and cut into small pieces, with a quarter of a pound of bacon, two pounds of mealy potatoes, three ounces of rice, carrots, turnips, onions sliced, and cabbage. Fry the meat, cabbage, and onions, in butter or dripping, the latter being the most savoury; and put them into a gallon of water, to stew gently over a slow fire for three hours, putting in the carrots at the same time, but the turnips and rice only time enough to allow of their being well done; and mashing the potatoes, which should be then passed through a cullender; and season only with pepper and salt, and keep the vessel closely covered. It will make five pints of excellent soup.

Or—To any quantity or kind of broth, add what-

ever vegetables may be in season, and stew them gently till quite tender. Then strain the soup; thicken it with flour and water, to be mixed gradually while simmering; and, when that is done and seasoned to your taste, return the vegetables to the soup, and let it simmer for an hour.

CLEAR GRAVY SOUP.

Take solid lean beef, in the proportion of one pound of meat and two ounces of ham to one pint of water; cover the meat with cold water, and let it simmer by the fire for at least three hours, during which time it should not be allowed to boil, but, when coming to that point, check it with cold water, and skim it. As the gravy will then be drawn, throw in three quarts of warm water, along with a quarter of an ounce each of black pepper, allspice, and salt, as well as a bundle of sweet herbs, a few cloves, two onions, two or three carrots and turnips, (the latter an hour afterwards), together with two heads of celery; allow the whole to boil slowly, skimming it carefully, until the meat is done to rags and the vegetables become tender. Then strain it through a napkin, without squeezing it. Boil the vegetables to be served in the soup separately, a few hours before dinner, in a portion of the broth, and add them to the soup. When soup is sufficiently boiled on the first day, all that it requires on the second is, to be made thoroughly hot.

This soup should be of a clear amber colour, with-

out any artificial browning; but if wanted of a deep colour, a burnt onion will suffice.

This soup is, in fact, the foundation of all gravy soups, which are called after the names of the ingredients put in them; that is, vermicelli, macaroni, rice, barley, &c.

MACARONI SOUPS.

Take a quart of gravy soup; break two ounces of Naples macaroni into pieces of little more than an inch long, putting them, by degrees, into a small portion of the boiling soup, to prevent them from sticking together; and let them boil until quite tender, but not soft or pulpy—from fifteen to twenty minutes if quite fresh, but nearly half an hour if at all stale. Vermicelli is used in the same manner. They will improve the consistence of the soup if the quantity above stated be added; but it is useless, and does not look well, to see, as at some tables, only a few strings of it floating in the tureen.

VERMICELLI SOUP.

Follow the same method as above, substituting vermicelli for macaroni. Three minutes will be enough to do it. Four ounces will be enough for four quarts.

ITALIAN PASTE SOUP.

As above.

WHITE MACARONI SOUP.

Boil a quarter of a pound of macaroni in a quart of water ten minutes; strain, and throw it into a quart of white stock, and let it simmer twenty minutes; strain and cut into inch lengths, add the macaroni to three quarts of white soup, boil for a minute, and serve.

RICE SOUP.

Take white stock, season it, and either whole rice boiled till very tender, or the flour of rice, may be used; half a pound will be sufficient for two quarts of broth.

ONION SOUP (Plain).

Simmer turnips and carrots for two hours, in weak mutton broth; strain it, and add six onions, sliced and fried; simmer three hours, skim, and serve.

RICH ONION SOUP.

Put into a stew-pan twelve onions, one turnip, a head of celery sliced, a quarter of a pound of butter, and a quart of white gravy; stew till tender; add another quart of gravy, pulp the vegetables, and boil with the soup, strained, for half an hour, stirring it constantly; and, just before serving, stir in half a pint of boiling cream, and about eighteen button onions nicely peeled, and boiled soft in milk and water; season with salt. Spanish onions only are sometimes used; and the soup may be thickened, if requisite, *with rice flour* worked with butter.

CARROT SOUP.

Take six or eight full-grown carrots, of the red sort; scrape them clean, and rasp only the *outer rind*, or soft red part; and if you have a single ripe tomato, add it, sliced, to the raspings, but use no other vegetable except onions. While this is doing, the broth of any kind of fresh meat which has been got ready should be heated and seasoned with a couple of onions fried in butter, but without pepper or any other kind of seasoning, except a small quantity of mace and a little salt. When all is ready, put the raspings into two quarts of the skimmed broth, cover the stew-pan close, and let it simmer by the side of the fire for two or three hours, by which time the raspings will have become soft enough to be pulped through a fine sieve: after which the soup should be boiled until it is as smooth as jelly, for any curdy appearance will spoil it.

Thus all the roots, and most of such vegetables as can be easily made into *purées*, and combined with any sort of broth, will, in this manner, make excellent soups of different denominations, though all founded upon the same meat-stock. The gravy of beef is always preferred for savoury soups, and that of veal or fowls for the more delicate white soups; to which from half a pint to a pint of cream, or, if that cannot be had, the same quantity of milk and the yolks of two raw eggs, should be added for every two quarts of soup; remembering, however, that the latter will *not impart* the richness of cream.

VENISON SOUP.

Take four pounds of freshly-killed venison cut off from the bones, and one pound of ham in small slices. Add an onion minced, and black pepper to your taste. Put in only as much water as will cover it, and stew it gently for an hour, keeping the pot closely covered. Skim it well, and pour in a quart of boiling water. Add a head of celery cut small, and three blades of mace. Boil it gently two and a half hours; then put in a quarter of a pound of butter, cut small and rolled in flour, and half a pint of Port or Madeira. Let it boil a quarter of an hour longer, and send it to the table with the meat in it.

FRIAR'S CHICKEN.

Take three quarts of water, and put into it three or four pounds of a knuckle of veal; stew gently till all the goodness is out of the meat; skim the fat off, and strain the broth through a sieve. Then take a chicken, or a full-grown young fowl, dissect it into pieces, and put it into the broth, which should be made hot, and seasoned only with salt and parsley. Let it simmer for nearly another hour; beat the whites and yolks of three or four eggs thoroughly, and mix them effectually with the soup just before serving, taking care to stir them all one way. Rabbits may be substituted for fowls.

PIGEON SOUP.

Make a *strong beef stock*, highly seasoned, as if

for brown soup; take six or eight pigeons, according to their size, wash them clean, cut off the necks, pinions, livers, and gizzards, and put them into the stock; quarter the pigeons and brown them nicely; after having strained the stock, put in the pigeons; let them boil till nearly ready, which will be in about half an hour; then thicken it with a little flour, rubbed down in a tea-cupful of the soup; season it with half a grated nutmeg, a table-spoonful of lemon-juice or of vinegar, and one of mushroom ketchup; let it boil a few minutes after all these ingredients are put in, and serve it with the pigeons in the tureen. A better thickening than flour, is to boil quite tender two of the pigeons, take off all the meat and pound it in a mortar, rub it through a sieve, and put it, with the cut pigeons, into the strained soup.

To make partridge soup, partridges may be substituted for pigeons, when only four birds will be required; pound the breast of one.

LOBSTER SOUP.

Cut small a dozen common-sized onions, put them into a stew-pan with a small bit of butter, a slice or two of lean ham, and a slice of lean beef; when the onions are quite soft, mix gradually with them some rich stock; let it boil, and strain it through a fine hair sieve, pressing the pulp of the onions with a wooden spoon; then boil it well, skimming it all the time. Beat the meat of a boiled haddock, the spawn [illegible] large lobster, or of two small ones, in

a marble mortar; add gradually to it the soup, stirring it till it is as smooth as cream; let it boil again and scum it. Cut the tail and the claws of the lobster into pieces, and add them to the soup before serving it, and also some pepper, Cayenne, white pepper, and a glass of white wine.

Forcemeat balls may be added to oyster soup and lobster soup, made as directed under "Forcemeat for Fish."

LOBSTER SOUP.

Another way.

Procure two live hen lobsters of a good size; throw them into boiling water, and boil half an hour; break them open over a basin, and catch every drop of juice. Keep the coral or spawn separate, cut the meat into small pieces, and rub the coral in a mortar very smooth, with two ounces of butter: take four quarts of white stock, thickened; without cream: add the whole together, and season with Cayenne, a teaspoonful of essence of anchovies, and the same of ketchup. Boil for a minute or two, pass through a sieve, and serve. If preferred smooth, the meat must be pounded in a mortar.

EEL SOUP.

Take three pounds of small eels, and skin them; bone one or two, cut them in very small pieces, and fry them very lightly in a stew-pan with a bit of butter and a *sprig of parsley*. Put to the remainder

three quarts of water, a crust of bread, three blades of mace, some whole pepper, an onion, and a bunch of sweet herbs; cover them close, and stew till the fish breaks from the bones; then strain it off, pound it to a paste, and pass it through a sieve. Toast some bread, cut it into dice, and pour the soup on it boiling. Add the scollops of eel, and serve. The soup will be as rich as if made of meat. A quarter of a pint of cream or milk, with a tea-spoonful of flour rubbed smooth in it, is a great improvement.

To every pound of eels add a quart of water, and let the whole boil till half of the liquor is wasted. The soup of conger eels is also said to be good, but the fish has not the richness of the fresh water eel, and can only be recommended by its cheapness.

OX-TAIL SOUP.

Take three ox tails, and with an old knife and mallet cut them in pieces an inch in length. Soak in tepid water for an hour, then place them in a stew-pan, and cover with four quarts of good stock; add two carrots, two turnips, four onions, and one head of celery; boil slowly till tender—they will take from two to three hours; strain them, the stock ought to be clear; have prepared some carrot and turnip, as for vegetable soup, with some leaves of parsley; add the whole together, and season with pepper and a small lump of sugar; boil a few minutes, *and serve.*

GIBLET SOUP.

Procure three sets of giblets; clean and trim them well, cut into nice pieces, and soak in tepid water for an hour; after that, throw them into boiling water for a few minutes, and strain; put them in a stew-pan, and cover with about five quarts of rich stock, two carrots, two turnips, six onions, and a few sprigs of basil, marjoram, and thyme. Boil tender, pick out the pieces, and strain. Melt four ounces of butter, and mix with six ounces of flour; stir on the fire till of a light colour; reduce with the soup, strained. Add the pieces, and boil on the corner of a stove. Skim off any grease that rises; season with salt and pepper, and three glasses of Sherry.

OYSTER SOUP.

Take half a hundred of large oysters, set them on the fire in their own juice, and boil a minute; strain them, and take away the beards, and pick away any shell that may be about them.

Take four quarts of white stock, thickened as for white soup, but without the cream; to this add the liquor and beards of the oysters, a little salt, Cayenne pepper, a blade of mace; boil and skim carefully, strain over the oysters, add a pint of very sweet cream, and serve.

HOTCH-POTCH.

Cut two or three pounds of neck of mutton into small pieces, *and fry slightly*; put it into a stew-

pan with four quarts of cold water and a little salt; set on the fire, and allow it to simmer gently, skimming well; add two carrots, two turnips, two onions, three lettuces, all cut small and well washed, with a pint of shelled peas. One hour and a half will be enough to boil.

COCK-A-LEEKIE SOUP.

Singe, draw, and cut up two fowls into nice pieces; trim two or three bunches of fine winter leeks, use the white part only, cut into halves, each half into two, blanch them five minutes in boiling water, having previously washed them well; add the pieces of fowl, with the leeks, to four quarts of gravy stock; set on the fire, and simmer for about two hours, or till tender. If too thick, add a little more stock; season, and serve.

SCOTCH MUTTON BROTH.

Put a quarter of a pound of best pearl barley to soak in cold water for two or three hours; pare two carrots, two turnips, three onions, and one head of celery; cut up a neck of mutton into cutlets pare away the fat and skin, and put the whole trimmings and vegetables into a stew-pan, with four quarts of water or stock; simmer for three hours. While this is doing, prepare two carrots, two turnips, one onion, one leek, cut into small pieces; parboil the barley, *strain the stock*, and add the whole together, and

boil till the barley and meat are tender; season, and serve.

CABBAGE SOUP.

Shred a large white cabbage very fine, and throw it into water and wash well; cut a carrot, a turnip, and a head of celery into dice; put two pounds of well-streaked bacon into a stew-pan, with three quarts of water and a pint of shelled green peas; boil two or three hours, skim off all the fat, season with pepper, salt, and a small lump of sugar, and serve.

JULIENNE SOUP.

Turn a few pieces of nice carrot, as described for vegetable soup, cut into shreds; also a turnip, the white part of a leek, and a head of celery. Put an ounce of sweet butter into a small stew-pan, a little salt, and a salt-spoonful of sugar, and fry on the stove till of a nice brown; take two quarts of clear first stock, add the vegetables, and set on the fire; when it boils, add a shredded cabbage lettuce; boil a few minutes; season, and serve.

GAME SOUP.

Procure a brace of grouse which are not too old, and roast them; pick all the meat from the bones, which pound in a mortar; chop the bones small, and set on the fire with three or four pints of stock, a carrot, an onion, a head of celery, and boil for two hours, *closely covered*; strain, and mix with the

pounded meat; melt two ounces of butter, mix three of flour, and stir over the fire a minute; reduce with the stock, and add a glass of Sherry or Port; strain, set on the fire, boil a minute, and serve.

GREEN SPLIT PEAS SOUP.

Cover two pounds of best green split peas with cold water; let stand all night, strain them, and put into a pot with a ham bone, two carrots, two turnips, four onions, one head celery, and three quarts of good second stock; set on the fire and simmer two or three hours, and add a sprig of mint while boiling. When the peas are tender, break them with the back of a large wooden spoon, and press through a search or tammy; if too thick, add a little stock, set on the fire, and season with pepper and a little sugar. Will be much improved by adding some juice of spinach; it will then be quite green.

SAUCES.

INTRODUCTORY REMARKS.

THE difference between good and bad cookery can scarcely be more strikingly shown than in the manner in which Sauces are prepared and served. If well made, appropriate to the dishes they accompany, and sent to table with them as hot as possible, they not only give a heightened relish to a dinner, but they prove that both skill and taste have been exerted in its arrangements. When coarsely and carelessly prepared, on the contrary, as they too often are, they greatly discredit the cook, and are anything but acceptable to the eaters. Melted butter, the most common of all—the "*one sauce*" of England and America, which excites the raillery of foreigners—is frequently found to be such an intolerable compound, either oiled or lumpy, or composed principally of flour and water, that it says but little for the state of cookery amongst us. We trust that the receipts in the present chapter are so clearly given, that, if strictly followed, they will materially assist the learner in preparing tolerably palatable sauces at the least.

CURRIE SAUCE.

Pare a carrot, an onion, and half a head of young celery; cut all into shreds, and put into a stewpan, with two ounces of butter, a spoonful of flour, and a spoonful of curry powder; mix together, and add a pint of good stock, with a little piece of glaze (if handy); boil a quarter of an hour, strain, and finish as before.

LOBSTER SAUCE.

Boil a hen-lobster twenty minutes; break it to pieces with great care, and pick all the meat from the shell, which cut into small dice; rub the spawn in a mortar, with an ounce of butter, quite smooth; prepare a pint of very fine melted butter, and dissolve the spawn into it. Add the meat, with two spoonfuls of thick cream, one spoonful of anchovie essence, a little salt, and Cayenne pepper; do not boil.

CREAM SAUCE.

Take a tablespoonful of white roux, a little minced; put it into a small stewpan, with half a pint of very rich cream and half a pint of white stock; stir on the fire till it comes to the boil, and season with white pepper and a little salt.

SORREL SAUCE.

Wash well a few handfuls of sorrel; put into a stewpan, with a spoonful or two of water; keep stirring, to prevent its burning. When melted, drain it

well; mince on the table very fine. Put back into the pan, with a little butter, and fry till quite dry. Add a pint of strong brown stock, with a spoonful of brown roux. Dissolve on the fire; and, when it has boiled a few minutes, pass through a tammy; add a little glaze and a piece of sugar. If too thick, dilute with a little gravy.

GHERKIN SAUCE.

Cut six good-sized gherkins into thin slices; put them to half a pint of sharp brown sauce; set on the fire, boil, and serve.

MELTED BUTTER.

Although it may be presumed that every cook who understands her business, knows how to melt butter, it is yet constantly brought to table either too thick or too thin, and not unfrequently filled with lumps of flour, or in a state of oil; and requires more care in the management than is generally thought necessary.

The excellence of melted butter greatly depends upon the pains taken to blend it with the flour before it is put upon the fire, the best plan of doing which is to rub them together with a knife on a wooden trencher.

SAUCES FOR ROAST BEEF OR MUTTON.

Grate horseradish on a bread-grater into a basin, then add *two tablespoonfuls* of cream, with a little

pounded meat; melt two ounces of butter, mix three of flour, and stir over the fire a minute; reduce with the stock, and add a glass of Sherry or Port; strain, set on the fire, boil a minute, and serve.

GREEN SPLIT PEAS SOUP.

Cover two pounds of best green split peas with cold water; let stand all night, strain them, and put into a pot with a ham bone, two carrots, two turnips, four onions, one head celery, and three quarts of good second stock; set on the fire and simmer two or three hours, and add a sprig of mint while boiling. When the peas are tender, break them with the back of a large wooden spoon, and press through a search or tammy; if too thick, add a little stock, set on the fire, and season with pepper and a little sugar. Will be much improved by adding some juice of spinach; it will then be quite green.

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Wash well a few handfuls of sorrel; put into a stewpan, with a spoonful or two of water; keep stirring, *to prevent* its burning. When melted, drain it

well; mince on the table very fine. Put back into the pan, with a little butter, and fry till quite dry. Add a pint of strong brown stock, with a spoonful of brown roux. Dissolve on the fire; and, when it has boiled a few minutes, pass through a tammy; add a little glaze and a piece of sugar. If too thick, dilute with a little gravy.

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mustard and salt, and mix them well together; then add four tablespoonfuls of best vinegar, and mix the whole thoroughly. The vinegar and cream are both to be cold. This is a very fine sauce; it may be served in a small tureen.

Or: Scrape the horseradish thin and chop it small, or grate it, which is better; then warm it in melted butter, adding a spoonful of mushroom ketchup and one of walnut, or the vinegar from walnut pickle.

Or: Scrape very fine or grate the horseradish; add a little made mustard, and two spoonfuls of pounded white sugar to four of vinegar; mix the whole well together, and place it under the meat, when nearly done, to catch the gravy which drops from it while roasting. This sauce should be very thick.

VERY GOOD EGG SAUCE.

Boil four fresh eggs for quite fifteen minutes; then lay them into plenty of fresh water, and let them remain until they are perfectly cold. Break the shells by rolling them on a table, take them off, separate the whites from the yolks, and divide all of the latter into quarter-inch dice; mince two of the whites only, tolerably small, mix them lightly, and stir them into the third of a pint of rich melted butter, or of white sauce; serve the whole as hot as possible.

Four eggs, boiled fifteen minutes, and left till cold. The yolks of all and the whites of two; the third of

a pint of good melted butter or white sauce, and salt as needed.

COMMON EGG SAUCE.

Boil a couple of eggs hard, and when they are quite cold, cut the whites and the yolks separately; mix them well, put them into a very hot tureen, and pour boiling to them a quarter of a pint of melted butter; stir, and serve the sauce immediately.

Two whole eggs, and a quarter of a pint of melted butter.

BECHAMEL.

This is a fine French white sauce, now very much served at good tables. It may be made in various ways, and more or less expensively; but it should always be thick, smooth, and rich, though delicate in flavour. The most ready mode of preparing it, is to take an equal proportion of very strong pale veal gravy, and of good cream (a pint of each, for example), and then, by rapid boiling over a very clear fire, to reduce the gravy nearly half; next, to mix with part of the cream a tablespoonful of fine dry flour, to pour it to the remainder, when it boils, and to keep the whole stirred for five minutes or more, over a slow fire; for if placed upon a fierce one it would be liable to burn; then to add the gravy, to stir and mix the sauce perfectly, and to simmer it for a few minutes longer. All the flavour should be given by the gravy, in *which* French cooks boil a handful of

mushrooms, a *few* green onions, and some branches of parsley, before it is reduced; but a good béchamel may be made without them, with a strong consommée.

One pint of strong pale veal gravy (flavoured with mushrooms or not), reduced half. One pint of rich cream, and one tablespoonful of flour; boil five minutes. With gravy four or five minutes.

COMMON BECHAMEL.

Cut half a pound of veal and a slice of lean ham into small dice, and stew them in butter, with vegetables, as directed in the foregoing receipt; stir in the same proportion of flour, then add the milk, and let the sauce boil very gently for an hour. It should not be allowed to thicken too much before it is strained.

ASPARAGUS SAUCE, FOR LAMB CHOPS.

Cut the green tender points of some young asparagus into half inch lengths, wash them well, drain, and throw them into plenty of boiling salt and water. When they are quite tender, which may be in from ten to fifteen minutes, turn them into a hot strainer and drain the water thoroughly from them. Put them, at the instant of serving, into half a pint of thickened veal gravy, mixed with the yolks of a couple of eggs, and well seasoned with salt and Cayenne or white pepper; or, into an equal quantity *of good* melted butter: add to this last a squeeze of

lemon juice. The asparagus will becom: yellow if reboiled, or if left long in the sauce before it is served.

Half a pint of asparagus points, boiled ten or fifteen minutes—longer if not quite tender. Half a pint of thickened veal gravy; and the yolks of two eggs.

PARSLEY AND BUTTER.

Pick and wash clean a large bunch of parsley; tie it up, and boil it for a few minutes in water; drain and chop it very finely; add to it some melted butter, and make it quite hot. It is better to be made thick with parsley.

FENNEL SAUCE.

Proceed as for parsley and butter.

The first is used for the various purposes of fish, poultry, and fresh boiled meats; fennel mostly for mackerel.

CELERY SAUCE.

Wash and pare a bunch of celery; cut it into pieces, and boil it gently until it is tender; add half a pint of cream, and a small piece of butter rolled in flour: now boil it gently. This is a good sauce for fowls of all kinds, either roasted or boiled.

MINT SAUCE.

Soak a bunch of young mint until all the gravel is removed from it; strip the stalks and chop up the leaves, then *mix them* with vinegar and powdered

white sugar. The sugar should be well melted before the sauce is served. It is generally eaten with roast lamb, and imparts to it a delicious flavour.

The usual proportions of this sauce are—three tablespoonfuls of young mint minced, two tablespoonfuls of pounded sugar, and six tablespoonfuls of vinegar. The proportions can be altered to suit the taste: it is generally served too liquid, and not sweet enough. It is eaten with roast lamb.

ONION SAUCE FOR STEAKS.

Slice and fry brown, in very little butter, two onions; put them into a gill of brown sauce, and season with Cayenne pepper, salt, and lemon juice.

YOUNG ONION SAUCE

Peel thirty button onions, all of a size, and boil them till tender; then put them into half a pint of melted butter, made with milk instead of water, and season with salt.

ONION SAUCE.

Peel and slice six middle-sized onions; boil them till very soft, when rub them through a sieve; put them into a saucepan with three ounces of butter, simmer five minutes, add a tablespoonful of flour, half a teaspoonful of salt, and half a pint of cream or good milk, and stir till it boils.

This sauce may be made *milder*, by first scalding

the onions, and then putting them into cold water; or by boiling the onions in two waters.

FRENCH MAITRE D'HOTEL, OR STEWARD'S SAUCE.

Add to half a pint of rich, pale veal gravy, well thickened with the white *roux*, a good seasoning of pepper, salt, minced parsley, and lemon juice; or make the thickening with a small tablespoonful of flour, and a couple of ounces of butter; keep these stirred constantly over a very gentle fire from ten to fifteen minutes, then pour to them the gravy, boiling, in small portions, mixing the whole well as it is added, and letting it boil up between each; for unless this be done, the butter will be likely to float upon the surface. Simmer the sauce for a few minutes, and skim it well, then add salt should it be needed, a tolerable seasoning of pepper or of Cayenne, in fine powder, from two to three teaspoonfuls of minced parsley, and the strained juice of a small lemon. For some dishes, this sauce is thickened with the yolks of eggs, about four to the pint. The French work into their sauces generally a small bit of fresh butter, just before they are taken from the fire, to give them mellowness: this is done usually for the Maitre d'Hotel.

BREAD SAUCE.

Pour quite boiling on half a pint of the finest bread crumbs, an equal measure of new milk; cover them *closely with a plate*, and let the sauce remain

for twenty or thirty minutes; put it then into a delicately clean saucepan, with a small saltspoonful of salt, half as much pounded mace, a little Cayenne, and about an ounce of fresh butter; keep it stirred constantly over a clear fire for a few minutes, then mix with it a couple of spoonfuls of good cream, give it a boil, and serve it immediately. When cream is not to be had, an additional spoonful or two of milk must be used; and as the sauce ought to be perfectly smooth, it is better to shake the crumbs through a cullender before the milk is poured to them; they should be of stale bread, and very lightly grated. As some will absorb more liquid than others, the cook must increase a little the above proportion, should it be needed. Equal parts of milk and of thin cream make an excellent bread sauce: more butter can be used to enrich it when it is liked.

Bread crumbs and new milk, each half a pint (or any other measure); soaked twenty to thirty minutes, or more. Salt, a small saltspoonful; mace, half as much; a little Cayenne; butter, one ounce; boiled four to five minutes. Two to four spoonfuls of good cream (or milk): one minute.

Or: Bread crumbs, half a pint; milk and cream, each a quarter of a pint; and from two to four spoonfuls of either in addition.

Observe.—Very pale, strong veal gravy, is sometimes poured on the bread crumbs instead of milk.

WHITE MUSHROOM SAUCE.

Cut off the stems closely from half a pint of small button mushrooms; clean them with a little salt and a bit of flannel, and throw them into cold water, slightly salted, as they are done; drain them well, or dry them in a soft cloth, and throw them into half a pint of boiling béchamel, or of white sauce made with very fresh milk, or thin cream, thickened with a tablespoonful of flour, and two ounces of butter. Simmer the mushrooms from ten to twenty minutes, or until they are quite tender, and dish the sauce, which should be properly seasoned with salt, mace, and Cayenne.

Mushrooms, half a pint; white sauce, half a pint; seasoning of salt, mace, and Cayenne: ten minutes.

BROWN MUSHROOM SAUCE.

Very small flaps, peeled and freed entirely from the fur, will answer for this sauce. Leave them whole, or quarter them, and stew them tender in some rich brown gravy; give a full seasoning of mace and Cayenne, add thickening, and salt if needed, and a tablespoonful of good mushroom ketchup.

TOMATO SAUCE.

Melt four tomatos in a stewpan, stirring with a spoon; take out the pips, and rub through a sieve; cut an onion, a little celery, a piece of carrot, and an ounce of lean ham, into small dice; stew, with an ounce of *butter, till tender*; add a spoonful of flour,

a little sugar, pepper, and salt; moisten with half a pint of strong stock, add the tomatos, boil a few minutes, and strain; put back into the pan, and simmer a few minutes; skim, and serve.

COMMON TOMATO SAUCE.

Tomatoes are so juicy when ripe, that they require but little liquid to reduce them to a proper consistency for sauce; and they vary so exceedingly in size and quality that it is difficult to give precise directions for the exact quantity which is needed for them. Take off the stalks, halve the tomatoes, and gently squeeze out the seeds and watery pulp; then stew them softly with a few spoonfuls of gravy or of strong broth until they are quite melted. Press the whole through a hair sieve, and heat it afresh with a little additional gravy, should it be too thick, and some Cayenne and salt. Serve it very hot.

Fine ripe tomatoes, six or eight; gravy or strong broth, four tablespoonfuls; half to three quarters of an hour, or longer if needed. Salt and Cayenne sufficient to season the sauce, and two or three spoonfuls more of gravy if required.

Observe.—For a large tureen of this sauce, increase the proportions; and should it be at first too liquid, reduce it by quick boiling. When neither gravy nor broth is at hand, the tomatoes may be stewed perfectly tender, but very gently, in a couple of ounces of butter, with some Cayenne and salt only, or with *the addition* of a very little finely minced onion; then

rubbed through a sieve, and heated, and served without any addition, or with only that of a teaspoonful of vinegar.

CAPER SAUCE.

Stir into one-third of a pint of good melted butter from three to seven dessert-spoonfuls of capers; add a little of the vinegar, and dish the sauce as soon as it boils. Keep it stirred after the capers are added. Part of them may be minced, and a little Chili vinegar substituted for their own. Pickled nasturtiums make a very good sauce. For a large joint increase the quantity of butter to half a pint. To be served with boiled mutton.

TARRAGON SAUCE.

Put two or three tablespoonfuls of tarragon vinegar into a stewpan, with a small piece of lean ham, and a sliced shalot; set it over a slow fire, and in a few minutes add half a pint of white gravy; simmer, skim, and pass through a fine sieve; and, just before serving, put in a little chopped tarragon and chervil; add lemon juice, and season with Cayenne pepper.

SAUCE FOR DUCKLINGS.

Take young green onions or chives; chop them very small, then put them into some thick melted butter, with pepper, salt, and a spoonful of lemon pickle; stir it well together, and, when very hot, put it into the dish with the ducks upon it. Should

the flavour of the onions be thought too strong, they may be scalded previously.

WHITE SAUCE FOR BOILED CHICKENS.

Put into a stewpan the trimmings of the chickens, with a small piece of the scrag of veal, two blades of mace, some whole white pepper, a bunch of sweet herbs, some lemon peel, and a pint and a half of water; simmer to three-quarters: strain, and thicken with butter and flour, and boil up; then add a teacupful of cream, simmer, but do not boil: season with salt, and add a little lemon juice.

GOOD OYSTER SAUCE.

At the moment they are wanted for use, open three dozen of fine plump oysters; save carefully and strain their liquor, rinse them separately in it, put them into a very clean saucepan, strain the liquor again, and pour it to them; heat them slowly, and keep them from one to two minutes at the simmering point, without allowing them to *boil*, as that will render them hard. Lift them out and beard them neatly; add to the liquor three ounces of butter, smoothly mixed with a large dessert-spoonful of flour; stir these without ceasing until they boil, and are perfectly mixed; then add to them gradually a quarter of a pint, or rather more, of new milk, or of thin cream, (or equal parts of both,) and continue the stirring until the sauce boils again; add a little salt, should it be needed, and a small quantity of Cayenne

in the finest powder; put in the oysters, and keep the saucepan by the side of the fire, until the whole is thoroughly hot and begins to simmer, then turn the sauce into a well heated tureen, and send it immediately to table.

Small plump oysters, three dozen; butter, three ounce; flour, one large dessert-spoonful; the oyster liquor; milk or cream, full quarter of a pint; a little salt and Cayenne.

SAUCE PIQUANTE.

Brown lightly, in an ounce and a half of butter, a tablespoonful of minced eschalots, or three of onions; add a teaspoonful of flour when they are partially done; pour to them half a pint of gravy, or of good broth, and when it boils, add three chilies, a bay leaf, and a very small bunch of thyme. Let these simmer for twenty minutes; take out the thyme and bay leaf, add a high seasoning of black pepper, and half a wineglassful of the best vinegar. A quarter of a teaspoonful of Cayenne may be substituted for the chilies.

HORSERADISH SAUCE.

Stew an onion in a little fish stock until it will pulp; add a teaspoonful of grated horseradish, and one or two spoonfuls of essence of anchovies. Beat all together over a fire, thicken it with a little butter, and finish with a spoonful of lemon pickle, or lemon juice. Vinegar may be substituted, in which case it

must be mixed with the horseradish, and boiled with it; while the lemon or lemon pickle, being of a more delicate flavour should only be warmed.

Or: Scrape the horseradish thin, and chop it small, or grate it, which is better; warm it in melted butter, adding a spoonful of mushroom ketchup, and one of walnut, or the vinegar from walnut pickle.

SAUCE PIQUANTE FOR BOILED BEEF.

Brown in a pan a little butter and flour, add to it half a pint of the soup from the beef, one carrot, two onions, and one clove of garlic chopped fine. Let it stew for about fifteen minutes. Then add a pickled cucumber chopped fine, and a tablespoonful of vinegar. Let the whole stew for a few minutes, and pour it over the beef when served.

FOR FRESH WATER FISH.

Take two large anchovies, half of an onion, finely chopped, one spoonful of vinegar, and four of sherry or ginger wine: boil it together, thicken it with flour, and add four spoonfuls of cream or melted butter, in which latter case, the flour may be omitted.

FOR ALL SORTS OF FISH.

Take a spoonful of vinegar, one of Indian soy, the same of mushroom ketchup and Harvey's sauce, with a little Cayenne. Add three large spoonfuls of melted butter; stir all well, and heat it over the fire.

Or: Put equal quantities of water and vinegar into a saucepan, and thicken it with the yolk of an egg to every four spoonfuls of the water and vinegar. Make it quite hot, but do not boil it; stir it or shake the pan all the time; season it to your liking, and add a spoonful of the liquid to every three of melted butter.

RICH DUTCH FISH SAUCE.

Put two ounces of butter, with two tablespoonfuls of flour, into a quarter of a pint of water or gravy; simmer and stir, adding half a teacupful of cream beaten with the yolks of four eggs, and three tablespoonfuls of horseradish vinegar; warm, but do not boil together, add salt and the juice of half a lemon, and strain through a sieve.

ANCHOVY SAUCE.

Season melted butter with essence of anchovies, and a little lemon juice. Or, pick, but do not wash, two or three anchovies, beat them to a paste, with fresh butter, pass the paste through a sieve, add flour, and proceed as for melted butter.

STEWED APPLE SAUCE.

Pare and core apples, put them into a preserve-pot, cover up, and set it on a hot hearth, or in a saucepan of water, to boil; when the apples are soft, mix them to a pulp with a small piece of butter, and sweeten *with brown sugar.* This is a much better

method than the common one of boiling the apples with water. A little grated lemon peel is sometimes added.

GOOSEBERRY SAUCE.

Cut the stalks and tops from half to a whole pint of quite young gooseberries, wash them well, just cover them with cold water and boil them very gently indeed until they are tender; drain them well, and mix with them a small quantity of melted butter made with rather less flour than usual. Some eaters prefer the mashed gooseberries without any addition; others like that of a little ginger. The best way of making this sauce is to turn the gooseberries into a hair sieve to drain, then to press them through it with a wooden spoon, and to stir them in a clean stewpan or saucepan over the fire, with from a half to a whole teaspoonful of sugar, just to soften their extreme acidity, and a bit of fresh butter about the size of a walnut. When the fruit is not passed through the sieve it is an improvement to seed it.

SWEET PUDDING SAUCE.

Boil together for fifteen minutes, the thin rind of half a small lemon, an ounce and a half of fine sugar, and a wine-glassful of water; then take out the lemon peel, and mix very smoothly an ounce of butter with rather more than half a teaspoonful of flour, stir them round in the sauce until it has boiled one *minute; next* add a wine-glassful and a half of

sherry or Madeira, or two-thirds of that quantity and a quarter of a glass of brandy: when quite hot, serve the sauce.

Port wine sauce is made in the same way, with the addition of a dessert-spoonful of lemon juice, some grated nutmeg, and a little more sugar: orange rind and juice may be used to give it flavour when preferred to lemon.

Rind half a lemon; sugar, one and a half ounce; water, one wine-glassful: fifteen minutes. Butter, one ounce; flour, large half teaspoonful: one minute. Wine, one and a half wine-glassful; or, one of wine, and a quarter of a glass of brandy.

COMMON PUDDING SAUCE.

Sweeten a quarter of a pint of good melted butter with an ounce and a half of sugar, and add to it gradually a couple of glasses of wine; stir it until it is at the point of boiling, and serve it immediately. Lemon grate, or nutmeg, can be added at pleasure.

A DELICIOUS GERMAN PUDDING SAUCE.

Dissolve in half a pint of sherry, or of Madeira, from three to four ounces of fine sugar, but do not allow the wine to boil; stir it hot to the well beaten yolks of six fresh eggs, and mill the sauce over a gentle fire until it is well thickened and highly frothed; pour it over a plum, or any other kind of sweet boiled pudding, of which it much improves the appearance. *Half* the quantity will be sufficient for

one of moderate size. A small machine, resembling a chocolate mill, is used in Germany for frothing this sauce; but a couple of silver forks, fastened together at the handles, will serve for the purpose, on an emergency. We recommend the addition of a dessert-spoonful of strained lemon juice to the sherry, or Madeira wine.

For large pudding, sherry or Madeira, half a pint; fine sugar, three to four ounce; yolks of eggs, six; lemon juice, (if added), one dessert-spoonful.

Observe.—In the above receipts, the wine and brandy may be omitted, and more sugar and lemon juice added, if the strict temperance principle is considered to extend to food.

MELTED BUTTER.

Take four ounces of butter, put it into a small stewpan, and if hard, soften a little; add two table-spoonfuls of flour, mix both into a paste, and add one pint of new milk; stir on the fire with a spattle till on the point of boiling; take it off, add an ounce more butter, and season with salt and pepper.

N.B.—The above is the most useful of all English sauces; and is used for fish in various forms, for vegetables, and, omitting salt and pepper, with addition of sugar and a little wine, makes an excellent sauce for puddings.

ARROWROOT SAUCE.

Put two wine-glassfuls of water into a stewpan,

with one of port wine, and one of sherry or brandy, the juice of a lemon, and two ounces of sugar. Mix one tablespoonful of arrowroot with a glass of cold water in a cup, pour it into the stewpan, and boil. Pour over the pudding; and if too thick, add a glass of water.

FISH.

INTRODUCTION.

THE cook should be well acquainted with the signs of freshness and good condition in fish, as many of them are most unwholesome articles of food when stale, or out of season. The eyes should be bright, the gills of a fine clear red, the body stiff, the flesh firm, yet elastic to the touch, and the smell not disagreeable. When all these marks are reversed, and the eyes are sunken, the gills very dark in hue, the flesh itself flabby and of offensive odour, it is bad, and should be avoided. The chloride of soda will, it is true, restore it to a tolerably eatable state,* if it be not very much overkept, but it will never resemble in quality fish that is fresh from the water.

A good turbot is thick and full fleshed, and the

* We have known this applied very successfully to salmon, which from some hours keeping in sultry weather, had acquired a slight degree of taint, of which *no trace remained* after it was dressed.

under side is of a pale cream colour, or yellowish white; when this is of a bluish tint, and the fish is thin and soft, it should be rejected.

The best salmon and codfish are known by a small head, very thick shoulders, and a small tail. The scales of the former should be bright, and its flesh of a fine red colour; to be eaten in perfection, it should be dressed as soon as it is caught, before the curd (or white substance which lies between the flakes of flesh) has melted, and rendered the fish oily. In that state it is really *crimp*, but continues so only for a very few hours.

The flesh of cod fish should be white and clear before it is boiled, whiter still after it is boiled, and firm though tender, sweet and mild in flavour, and separated easily into large flakes. Many persons consider it rather improved than otherwise by having a little salt rubbed along the inside of the backbone, and letting it lie from twenty-four to forty-eight hours before it is dressed. It is sometimes served crimp like salmon, and must then be sliced as soon as it is dead, or within the shortest possible time afterwards.

Herrings, mackerel, and whitings, lose their freshness so rapidly, that unless newly caught, they are quite uneatable. The herring may, it is said, be deprived of the strong, rank smell which it emits when broiled or fried, by stripping off the skin, under which lies the oil that causes the disagreeable *odour.* The whiting is a peculiarly pure flavoured

and delicate fish; and acceptable generally to invalids, from being very light of digestion.

Eels should be alive and brisk in movement when they are purchased; but the "horrid barbarity," as it is truly designated, of skinning and dividing them while they are so, is without excuse, as they are easily destroyed "by piercing the spinal marrow close to the back part of the skull, with a sharp pointed knife or skewer. If this be done in the right place, all motion will instantly cease." We quote Dr. Kitchener's assertion on this subject; but we know that the mode of destruction which he recommends is commonly practised by the London fishmongers. Boiling water, also, will immediately cause vitality to cease; and is perhaps the most humane and ready method of destroying the fish.

Lobsters, prawns, and shrimps, are very stiff when freshly boiled, and the tails turn strongly inwards; when these relax, and the fish are soft and watery, they are stale; and the smell will detect their being so instantly, even if no other symptoms of it be remarked. If bought alive, lobsters should be chosen by their weight and "liveliness." The hen lobster is preferred for sauce and soups, on account of the coral; but the flesh of the male is generally considered of finer flavour for eating. The vivacity of their leaps will show when prawns and shrimps are fresh from the sea.

Oysters should close forcibly on the knife when *they are opened; if the* shells are apart ever so little

they are losing their condition, and when they remain far open the fish are dead, and fit only to be thrown away. Small plump natives are preferable to the larger and coarser kinds.

Preparatory to the dressing, the fish should be carefully gutted, and afterwards cleaned thoroughly by the cook, from all appearances of blood, particularly scraping the blood that lodges about the backbone, and cutting the fish open for some distance below the vent. If, however, the fishmonger does not clean it, fish is seldom very nicely done, for common cooks are apt not to slit the fish low enough, by which, and not thoroughly washing the blood, &c., from the bone, a very disgusting mass is left within, and mistaken for liver; but fishmongers generally wash it beyond what is necessary for cleaning, and by perpetual watering diminish the flavour. It should, in fact, be handled as little as possible, and never left in the water a moment after it is washed. In washing it, the best way is to hold the fish firmly by the head with your left hand, and scrape off the scales or slime; wash it once in clean cold water, and either dry it with a towel, or hang it up and leave it to drain.

Some kinds, as whiting, bass, cod, and haddock, eat firmer if salt be put into their gills, and they be hung up a few hours before dressing.

Fish are either boiled, fried, or broiled. Salt may be added to the water in which all kinds of fish *are boiled;* and the flavour of sea-fish is much im-

proved by boiling in sea water. Fish should boil gently, or rather simmer after it has once boiled up, and the water should be constantly skimmed.

Instead of dissolving salt in the water in which fish are to be boiled, some cooks prefer to steep the fish in salt and water from five to ten minutes, before putting it in the kettle to cook; the necessity of using salt in boiling fish is thus avoided; less scum rises, so that the lid has not to be taken off so often to skim it, and the fish comes to table not only nicer, but with a better appearance.

To render boiled fish firm, put a small bit of saltpetre with the salt in the water in which it is boiled; a quarter of an ounce will be sufficient for a gallon.

To determine when fish is sufficiently boiled, draw it up upon the fish-plate, and if the thickest part of the fish can be easily divided from the bone with a knife, the fish will be done, and should be at once taken from the water, or it will lose its flavour and firmness.

By most cooks it is considered better to put all fish on in boiling than in cold water.

An oval pan is best adapted to frying fish. Olive oil is best to fry in, but dripping or lard is commonly used. It should boil before the fish is put in it, and be kept gently boiling until the fish is of a yellowish brown colour, when it should be taken out and drained.

To broil fish, have a clear but not fierce fire. Dry the fish in a cloth, season it with pepper and salt,

and flour it; then put it on a gridiron, having first rubbed the heated bars with suet, otherwise the fish will stick to them and be broken. It should be often turned in broiling.

In the dressing of flat fish as *cutlets*, the fillets should be lifted from the bones, and the spine which runs through the centre of the round sorts should be extracted.

The *stewing of fish*, and dressing it in fillets and cutlets, requires considerably more care in the cookery, as well as cost in the ingredients, than either of the previous modes; and as a peliminary to the operation, a gravy should be got ready, to be made in the following manner:—Take out all the bones, cut off the heads and tails, and, if this should not be sufficient, add an eel, or any small common fish; stew them with an onion, pepper, salt, and sweet herbs; strain it, and thicken it to the consistence of cream, flavouring with a slight addition of wine, or any other sauce. The French employ the commonest sort of their wine as a *marinade*, or sauce, both for the boiling and stewing of fish.

Marinade—is commonly used in France for the purpose of boiling fish, which imbibes from it a more pleasant flavour than it naturally possesses; and has been so generally adopted by English professed cooks, that we here insert the receipt:—Cut up two carrots, three onions, six shalots, a single clove of garlic, and put them into a stewpan with a piece of butter, a bunch of parsley, and a bundle of sweet herbs; fry

the whole for a few minutes; then add, very gradually, two bottles of any light wine or of cider. Put in a handful of salt, two dozen of pepper-corns, the same quantity of allspice, and a couple of cloves. Simmer the whole together for an hour and a half, strain the liquor, and put it by for use.

This marinade, if carefully strained after the fish has been taken out, will serve several times for the same purpose, adding a little water each time. Fish dressed in it should simmer very gently, or rather stew than boil, as it affords to mackerel, fresh herrings, perch, roach, and any of the small river fish, the advantage of dissolving, or so thoroughly softening their bones, as to render them more agreeable in eating. For large fish, they should be cut into steaks before being marinaded. Instead of the wine or cider, a quart of table-beer, a glass of soy, one of essence of anchovies, and one of ketchup, may be used; or a pint of vinegar and these sauces, fennel, chives, thyme, and bay leaves, may be added with the wine, cider, &c. Or, choose a kettle that will suit the size of the fish, into which put two parts water, one of light (not sweet) white wine, a good piece of butter, some stewed onions and carrots, pepper, salt, two or three cloves, and a good bunch of sweet herbs; simmer fifteen minutes, let it become cold, and then boil the fish therein. Serve with anchovy sauce and a squeeze of lemon.

Fresh-water Fish are equally nutritious with those of the sea; they are much lighter as food, and therefore

easier of digestion; they are, however, more watery, and it is requisite to use salt, in order to extract the watery particles. Every sort of fresh-water fish ought, therefore, as soon as killed and cleaned, to have salt well rubbed inside and outside, and should be allowed so to remain for some time before it is cooked, when it should be well washed out with pure spring water, and wiped thoroughly dry with a clean cloth.

If bred in ponds, it often acquires a muddy smell and taste; to take off which, soaking in strong salt and water, or, if of a size to bear it, scalding in the same, will have the proper effect.

To preserve fish fresh—boil three quarts of water and a pint of vinegar, in which, when boiling, put the fish, and scald it for two minutes. Then hang up the fish in a cool place, and it will keep for two or three days, and dress as well as if fresh caught.

If the fish should happen to freeze, they should be placed in cold water without salt, for an hour or so, to thaw them.

Fish is usually garnished with horseradish, sliced lemon, or fried parsley; and the roe, melt, and liver. When served up, it should not be covered.

Fish kettles have always a perforated false bottom, with handles affixed, called a fish-strainer, so that it is very easy to take up fish when done, without breaking it. When dished up, it must be slid off this fish-strainer on to a fish-plate, which fits the *dish you serve it* up in, on which fishplate a nice

clean white napkin is sometimes put to lay the fish on, to absorb all the moisture.

Some people do not approve of a napkin to lay fish on; in which case, of course, you must only slide the fish off the strainer on to the fish-plate, which you put into a dish that it fits, and serve it up.

Should it happen that the fish is done before it is wanted, or that the family is not ready to sit down, the best way will be to wrap a wet napkin round the fish, and placing it very carefully on the tin strainer, suspend it in the fish-kettle, over so much of the boiling water as will keep it hot, but not touch it. It will thus be kept ready to serve up when wanted; but it will not be near so nice as if it had been sent up to table the moment it was cooked.

Melted butter to be served with the fish, should be made thicker than when intended for any other purpose, as it is usually thinned at table by one or other of the sauces taken with fish.

TO BOIL COD FISH.

When this fish is large, the head and shoulders are sufficient for a handsome dish, and they contain all the choicer portion of it, though not so much substantial eating, as the middle of the body, which, in consequence, is generally preferred to them by the frugal housekeeper. Wash the fish, and cleanse the inside, and the back bone in particular, with the most scrupulous care; lay it into the fish-kettle and cover it well with *cold water* mixed with five ounces of salt.

to the gallon, and about a quarter of an ounce of saltpetre to the whole. Place it over a moderate fire, clear off the scum perfectly, and let the fish boil gently until it is done. Drain it well,* and dish it carefully upon a very hot napkin, with the liver and the roe as a garnish. To these are usually added tufts of lightly scraped horseradish round the edge. Serve well-made oyster sauce and plain melted butter with it; or anchovy sauce when oysters cannot be procured. Moderate size, from twenty to thirty minutes; large, from thirty to forty-five minutes to boil.

SLICES OF COD FISH FRIED.

Cut the middle or tail of the fish into slices nearly an inch thick, season them with salt and white pepper or Cayenne, flour them well, and fry them of a clear equal brown on both sides; drain them on a sieve before the fire, and serve them on a well-heated napkin, with plenty of crisped parsley round them. Or, dip them into beaten egg, and then into fine crumbs mixed with a seasoning of salt and pepper (some cooks add one of minced herbs also), before they are fried. Send melted butter and anchovy sauce to table with them. From eight to twelve minutes to fry.

Observe.—This is a much better way of dressing

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* This should be done by setting the fish-plate across the kettle for a minute or two.

the thin part of the fish than boiling it, and as it is generally cheap, it makes thus an economical, as well as a very good dish: if the slices are lifted from the frying-pan into a good curried gravy, and left in it by the side of the fire for a few minutes before they are sent to table, they will be found excellent—would be quite spoiled if they are boiled with the fish. Garnish the dish with slices of hard-boiled eggs, and serve with egg sauce.

COD'S HEAD AND SHOULDERS

Will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if to be eaten the same day.

Tie it up, and put it on the fire in cold water sufficient to cover it; throw in a handful of salt. Great care must be taken to serve it without the smallest speck of black or scum. Garnish with a large quantity of double parsley, lemon, horseradish, and the milt, roe, and liver, and fried smelts if approved. If with smelts, be careful that no water hangs about the fish; or the beauty of the smelts will be taken off, as well as their flavour.

Serve with plenty of oyster or shrimp sauce, and anchovy and butter.

COD SOUNDS BOILED.

Soak them in warm water half an hour, then scrape and clean; and if to be dressed white, boil them in *milk and water*; when tender, serve them

in a napkin, with egg sauce. The salt must not be much soaked out, unless for fricassee.

CURRIE OF COD.

Should be made of sliced cod, that has either been crimped or sprinkled a day, to make it firm. Fry it of a fine brown with onions; and stew it with a good white gravy, a little curry powder, a bit of butter and flour, three or four spoonfuls of rich cream, salt, and Cayenne, if the powder be not hot enough.

TO DRESS SALT COD.

Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish; pour over it parsnips boiled, beaten in a mortar, and then boiled up with cream and a large piece of butter rubbed with a bit of flour. It may be served as above with egg sauce instead of the parsnip, and the root sent up whole; or the fish may be boiled and sent up without flaking, and sauces as above.

TO DRESS SALT COD.

Another way.

Soak the fish till the salt is taken out, put it in cold water, the moment it begins to boil take it off the fire, and keep it in the water till tender. For sauce, take six ounces of butter, a tablespoonful of flour, a few spoonfuls of water with salt and pepper; *put on the* fire, stir till on the point of boiling; take

it off, and stir till quite smooth, add a little chopped parsley, and, if at hand, a little thick cream. Take the bones from the fish, and put it to the sauce, and serve.

TO DRESS SALT FISH.

Soak it in cold water, according to its saltness; the only method of ascertaining which, is to taste one of the flakes of the fish. That fish which is hard and dry will require twenty-four hours' soaking, in two or three waters, to the last of which add a wine-glassful of vinegar. But less time will suffice for a barrelled cod, and still less for the split fish. Put the fish on in cold water, and let it simmer, but not actually boil, else it will be tough and thready. Garnish with hard-boiled eggs, the yolks cut in quarters, and serve with egg sauce, parsnips, or beet-root.

Or: Lay the piece you mean to dress all night in water, with a glass of vinegar; boil it enough, then break it into flakes on the dish; warm it up with cream and a large piece of butter rubbed with a bit of flour, and serve it as above with egg sauce.

TO KEEP TURBOT.

If necessary, turbot will keep for two or three days, and be in as high perfection as at first, if lightly rubbed over with salt, and carefully hung in a cold place.

TO BOIL TURBOT.

The turbot-kettle must be of a proper size, and in the nicest order. Set the fish in cold water sufficient to cover it completely, throw a handful of salt and a glass of vinegar into it, and let it gradually boil; be very careful that there fall no blacks; but skim it well, and preserve the beauty of the colour.

Serve it garnished with a complete fringe of curled parsley, lemon, and horseradish.

The sauce must be the finest lobster, and anchovy butter, and plain butter, served plentifully in separate tureens.

SALMON PLAIN BOILED.

Put on the fish-kettle with enough spring water to cover the salmon. When the water boils, put in a handful of salt, then the fish on a drainer; this will throw the pot off the boil. When it does boil, draw aside, and allow it to simmer slowly. A salmon of ten or twelve pounds will take about three quarters of an hour; lift it out of the water as soon as it is ready, dish on a napkin, and serve with lobster sauce, or melted butter in a boat, with a few sprigs of parsley.

TO FRY SALMON.

Salmon cutlets should be cut from a piece of a split salmon; cut them without bone about half an inch thick, and rub them over with egg well beaten; *season with* pepper and salt, dip them in chopped

herbs and bread crumbs, fry them as you would a veal cutlet; serve with Indian-pickle sauce.

Or: Cut pieces half an inch thick; season them, and put them in paper, and broil until hot through: serve with lemon only. This is usually eaten at breakfast.

Or: As in the Hebrew fashion, slice the salmon, and cover it with salt for two hours; then dry it, and brush it over with yolk of eggs. Fry it in oil, and serve it cold with salad. Any small pieces of salmon may be dressed with salad, or with salad sauce.

TO BROIL SALMON.

Cut slices an inch thick, and season with pepper and salt; lay each slice in half a sheet of white paper, well buttered, twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve in the paper with anchovy sauce.

TO DRY SALMON.

Cut the fish down, take out the inside and roe. Rub the whole with common salt after scaling it; let it hang twenty-four hours to drain. Pound three or four ounces of saltpetre, according to the size of the fish, two ounces of bay salt, and two ounces of coarse sugar; rub these, when mixed well, into the salmon, and lay it on a large dish or tray two days, then rub it well with common salt, and in twenty-four hours more it will be fit to dry; wipe it well after draining. Hang it either in a wood chimney, or in a dry place; *keeping it* open with two small sticks.

Dried salmon is eaten broiled in paper, and only just warmed through; egg sauce and mashed potatoes with it; or it may be boiled, especially the bit next the head.

TO PICKLE SALMON.

After scaling and cleaning, split the salmon, and divide into such pieces as you choose, lay it in the kettle to fill the bottom, and as much water as will cover it; to three quarts put a pint of vinegar, a handful of salt, twelve bay leaves, six blades of mace, and a quarter of an ounce of black pepper. When the salmon is boiled enough, drain it and put it on a clean cloth, then put more salmon into the kettle, and pour the liquor upon it, and so on till all is done. After this, if the pickle be not smartly flavoured with the vinegar and salt, add more, and boil it quick three quarters of an hour. When all is cold, pack the fish in something deep, and let there be enough of pickle to plentifully cover. Preserve it from the air. The liquor must be drained from the fish, and occasionally boiled and skimmed.

TO BOIL MACKEREL.

They should be carefully cleaned both inside and out: then washed in vinegar and water, and left to hang a little to dry before being put into the fish-kettle. A handful of salt should be put into the water, which should be at first cold, and only allowed to boil gently from fifteen to twenty minutes, though

some prefer having the water boiling hot. The fish should be watched about that time, as "when the eye starts, and the tail splits, they are done, and should be immediately taken up; if left in the water they will break."

The most customary sauce is that of fennel, which has partly superseded the gooseberry, but parsley and butter is still in use.

TO BOIL MACKEREL.

Another way.

Mackerel may be *boiled in a marinade* made as follows: Take, with some weak broth, two tablespoonfuls of vinegar, a bundle of sweet herbs, a few small onions, or a large one stuck with a clove, pepper, and salt; boil these together an hour; then boil the fish in this gravy: take them out when ready, strain the liquor, and thicken it; make it green with chopped parsley and fennel; add a teaspoonful of any kind of fish sauce, and send it to table.

TO BROIL MACKEREL.

Clean and split them open; wipe dry; lay them on a clean gridiron, rubbed with suet, over a very clear slow fire; turn; season with pepper, salt, and a little butter; fine-minced parsley is also used.

Trout and perch are broiled in the same way.

TO BAKE MACKEREL.

Cut off the heads and tails, open them, and clean them well; rub them with pepper and salt, put them into a deep dish, with a little mace, one or two bay leaves, and some whole black pepper; then pour over them equal quantities of cold vinegar and water, tie the dish over with strong paper, (not brown), and bake for an hour in a slow oven. Or, the mackerel may be seasoned as before, buttered and baked in a dish with butter, without the vinegar and water, and eaten with fennel or paraley and butter.

PICKLED MACKEREL, OR CAVEACH.

Clean six large mackerel, cut them, split or whole, into four or five pieces, leaving out the heads and tails. Then mix an ounce of pepper, two nutmegs, a little mace, (both finely powdered) and a handful of salt; rub the pieces of fish with this powder, and fry them brown in oil; when cold, put them into a jar, and fill it up with vinegar. Mackerel may thus be kept good for several months, especially if oil be poured upon the vinegar.

TO BOIL HADDOCK.

They are in season from June till January, and their condition may be tested in the same manner as cod; but they should be immediately gutted, much below the vent, and carefully cleaned, to prevent the rancidity which would otherwise be occasioned to

their flavour by the oiliness of the liver, if it be allowed to remain in the body. The gills and eyes should also be taken out, and a very little salt put into the body, which should be hung up for a short time to dry. Their average weight rarely exceeds four to five pounds, but the larger they are the better they will generally be found, their firmness being the greatest merit in their quality, and depending much upon their size. The fish is very delicate in flavour, and is most usually left unskinned; *plainly boiled*, very fast, for about fifteen minutes, or twenty minutes if it be large. It may be served with parsley and butter, or oyster sauce.

TO FRY HADDOCK.

If of a very small size, they may be turned round with their tails run through their jaws; but this cannot be done when they are large; they are in that case either cut in slices or filleted, and fried with crumbs of bread and egg.

TO BAKE HADDOCK, &c.

The scales should be scraped off, but the tail and head must not be removed, though the spinal bone should be taken out, and the body stuffed with any approved forcemeat.

The *Scottish mode of Baking* is: Take two good-sized haddocks, clean, and wipe them well in a cloth, but do not wash them; keep the breasts as whole *as possible*. Strew salt over them, and lay

them on a board for several hours; then wipe the salt from them, cut off the heads and fins, cut the skin through down the back, and take it off neatly, being careful to keep the fish whole. Beat up the yolks of three eggs, dip each in the egg, have ready some bread crumbs, mixed with pepper, salt, and chopped parsley; roll the fish in the crumbs, and stuff the heads and breasts with oysters chopped, but not too small, and bread crumbs blended with an egg. Butter a dish, lay the fish upon it, stick pieces of butter upon each, and bake them. *For sauce*, take a pint of veal gravy, the same quantity of cream, mix two tablespoonfuls of flour in a little of the cream, cold, and boil till smooth; add a blade of mace, a little nutmeg, salt, and an onion. When about to dish, take out the onion, add a wine-glassful of wine with the yolk of an egg well beaten. Lay the heads of the fish at each end, and garnish with lemon.

TO BOIL WHITINGS.

(French Receipt.)

Having scraped, cleaned, and wiped them, lay them on a fish-plate, and put them into water at the point of boiling; throw in a handful of salt, two bay leaves, and plenty of parsley, well washed, and tied together; let the fish *just simmer* from five to ten minutes, and watch them closely that they may not be over done. Serve parsley and butter with them, and use in making it the liquor in which the whit-

ings have been boiled. Just simmered from five to ten minutes.

BAKED WHITINGS, A LA FRANCAISE.

Proceed with these exactly as with baked soles, or, pour a little clarified butter into a deep dish, and strew it rather thickly with finely-minced mushrooms, mixed with a teaspoonful of parsley, and (when the flavour is liked, and considered appropriate) with an eschalot or two, or the white part of a few green onions, also chopped very small. On these place the fish, after they have been scaled, emptied, thoroughly washed, and wiped dry: season them well with salt, and white pepper, or Cayenne; sprinkle more of the herbs upon them; pour gently from one to two glasses of light white wine into the dish, cover the whitings with a thick layer of fine crumbs of bread, sprinkle these plentifully with clarified butter, and bake the fish from fifteen to twenty minutes. Send a cut lemon only to table with them. When the wine is not liked, a few spoonfuls of pale veal gravy can be used instead; or a larger quantity of clarified butter, with a tablespoonful of water, a teaspoonful of lemon pickle and of mushroom ketchup, and a few drops of soy. Fifteen to twenty minutes.

TO BOIL STURGEON.

Having cleaned a sturgeon well, boil it in as much liquor as will *just cover it*; add two or three bits of

lemon peel, some whole pepper, a stick of horseradish, and a pint of vinegar, to every half gallon of water.

When done, garnish the dish with fried oysters, sliced lemon, and horseradish, and serve it up with melted butter, with cavear dissolved in it; or with anchovy sauce; and with the body of a crab in the butter, and a little lemon juice.

To roast sturgeon, place it on a lark spit, which fasten on a large spit; baste it continually with butter, and serve with a good gravy and some lemon juice.

TO ROAST STURGEON.

Put a good-sized piece in a large cradle-spit (five or six pounds will make a handsome dish for the head of the table); stuff it with forcemeat; keep it at the fire for two or three hours, but remove the skin; cover it with crumbs of bread, and brown it with the salamander; baste it constantly with butter, and serve with a good brown gravy, an anchovy, a squeeze of Seville orange or lemon, and a glass of sherry boiled up, and poured into the dish.

TO BOIL HALIBUT.

Take a small halibut, or what you require from a large fish. Put it into the fish kettle, with the back of the fish undermost, cover it with cold water, in which a handful of salt, and a bit of saltpetre the size *of a hazel nut*, have been dissolved. When it begins

to boil, skim it carefully, and then let it just simmer till it is done. Four pounds of fish will require nearly thirty minutes to boil it. Drain it, garnish with horseradish or parsley; egg sauce or plain melted butter, are served with it.

FILLETS OF HALIBUT, BLACK-FISH, BASS, &c.

The word *fillet*, whether applied to fish, poultry, game, or butcher's meat, means simply the flesh of either (or of certain portions of it) raised clear from the bones in a handsome form, and divided or not, as the manner in which it is to be served may require. It is an elegant mode of dressing various kinds of fish, and even those which are not the most highly esteemed, afford a excellent dish when thus prepared. The fish, to be filleted with advantage, should be large; the flesh may then be divided down the middle of the back, next, separated from the fins, and with a very sharp knife raised clean from the bones.* When thus prepared, the fillets may be divided, trimmed into a good form, egged, covered with fine crumbs, fried in the usual way, and served with the same sauces as the whole fish: or each fillet may be rolled up, in its entire length, if very small, or after being once divided, if large, and fastened with a slight twine, or a short thin skewer; then egged, crumbed, and fried in plenty of boiling

* A celebrated French Cook gives the following instructions for raising these fillets:—"Take them up by running your knife first between the bones and the flesh, then between the skin and the fillet; by leaning pretty hard *on the table they will* come off very neatly."

lard; or merely well floured, and fried from eight to ten minutes. When the fish are not very large, they are sometimes boned without being parted in the middle, and each side is rolled from the tail to the head, after being first spread with butter, a few bread crumbs, and a high seasoning of mace and Cayenne; or with pounded lobster mixed with a large portion of the coral, and the same seasoning, and proportion of butter; then laid into a dish, well covered with crumbs of bread and clarified butter, and baked from twelve to sixteen minutes, or until the crumbs are coloured to a fine brown, in a moderate oven.

The fillets may likewise be cut into small strips or squares of uniform size, lightly dredged with pepper or Cayenne, salt, and flour, and fried in butter over a brisk fire; then well drained, and sauced with a good béchamel, flavoured with a teaspoonful of minced parsley.

LOBSTER CUTLETS.

Procure a large hen lobster alive, boil half an hour, break up in pieces, saving all the juice and pith; rub the coral smooth with an ounce of butter, pick all the meat from the shell, put an ounce of butter in a stewpan, with an ounce and a half of flour; moisten with a few spoonfuls of strong stock, season with pepper and salt; beat up four yolks of eggs, stir into the sauce in pan, just stir till it thickens. Add the meat of the lobster and coral, *leaving* a little of the juice and coral to make a

sauce. Pour the contents of the pan into a dish to cool. Strew a few bread crumbs on the board, roll out the lobster meat, and cut out twelve cutlets, with a pear-shaped cutter; glaze with yolk of egg, and cover with bread crumbs. Have some dripping very hot, immerse the cutlets in it, fry of a good colour, and not too brown. Garnish with green fried parsley, serve with lobster sauce, made from the remainder of the lobster.

TO FRY TROUT.

Clean and dry them thoroughly in a cloth, fry them plain in hot butter; or beat the white of egg on a plate, dip the trout in the egg and then in very fine bread crumbs, which have been rubbed through a sieve—biscuit-powder is better. Fry them till of a delicate brown; it takes but a few minutes, if the trout be small. Serve with crisp parsley and plain melted butter.

TO BOIL TROUT.

They should be wiped dry with a coarse towel, rubbed from head to tail, and boiled whole, putting them into cold water, mixed with a small quantity of vinegar, into which should be also put some scraped horseradish; let them boil gradually for about twenty or thirty minutes, according to size, and take care not to break the skin. Serve with plain melted butter.

STEWED CARP.

Scale and clean, take care of the roe, &c., lay the fish in a stewpan, with a rich beef gravy, an onion, eight cloves, a dessert-spoonful of Jamaica pepper, the same of black, a fourth part of the quantity of gravy or port, (cider may do); simmer close covered; when nearly done add two anchovies chopped fine, a dessert-spoonful of made mustard, and some fine walnut ketchup, a bit of butter rolled in flour, shake it, and let the gravy boil a few minutes. Serve with sippets of fried bread, the roe fried, and a good deal of horseradish and lemon.

BAKED CARP.

Clean a large carp; put a stuffing as for soles, dressed in the Portuguese way. Sew it up; brush it all over with yolk of egg, and put plenty of crumbs; then drop oiled butter to baste them; place the carp in a deep earthen dish, a pint of stock (or, if fast-day, fish stock), a few sliced onions, some bay leaves, a faggot of herbs, (such as basil, thyme, parsley, and both sorts of marjoram) half a pint of port wine, and six anchovies. Cover over the pan, and bake it an hour. Let it be done before it is wanted. Pour the liquor from it, and keep the fish hot while you heat up the liquor with a good piece of butter rolled in flour, a teaspoonful of mustard, a little Cayenne, and a spoonful of soy. Serve the fish on the dish, garnished with lemon, and parsley, and horseradish, *and put the gravy* into the sauce tureen.

PERCH AND TENCH.

Put them into cold water, boil them carefully, and serve with melted butter and soy. Perch are a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavour.

SOLES—TO FRY OR BOIL.

If boiled, they must be served with great care to look perfectly white, and should be much covered with parsley.

If fried, dip in egg, and cover them with fine crumbs of bread; set on a frying-pan that is just large enough, and put into it a large quantity of fresh lard or dripping; boil it, and immediately slip the fish into it; do them of a fine brown.

Soles that have been fried eat good cold with oil, vinegar, salt, and mustard.

TO BOIL PERCH.

First wipe or wash off the slime, then scrape off the scales, which adheres rather tenaciously to this fish; empty and clean the insides perfectly, take out the gills, cut off the fins, and lay the perch into equal parts of cold and of boiling water, salted as for mackerel: from eight to ten minutes will boil them unless they are very large. Dish them on a napkin, garnish them with curled parsley, and serve melted butter with them, or *Mâitre d' Hotel sauce maigre.*

Very good French cooks put them at once into boiling *water, and keep* them over a brisk fire for

about fifteen minutes. They dress them also without taking off the scales or fins until they are ready to serve, when they strip the whole of the skin off carefully, and stick the red fins into the middle of the backs: the fish are then covered with the Steward's sauce, thickened with eggs. In warm water, eight to ten minutes; in boiling, twelve to fifteen minutes.

TO FRY PERCH OR TENCH.

Scale and clean them perfectly; dry them well, flour and fry them in boiling lard. Serve plenty of fried parsley round them.

SPITCHCOCK EELS.

Take one or two large eels, leave the skin on, cut them into pieces of three inches long, open them on the belly side, and clean them nicely: wipe them dry, and then wet them with a beaten egg, and strew over on both sides chopped parsley, pepper, salt, a very little sage, and a bit of mace pounded fine and mixed with the seasoning. Rub the gridiron with a bit of suet, and broil the fish of a fine colour.

Serve with anchovy and butter for sauce.

FRIED EELS.

If small, they should be curled round and fried, being first dipped into egg and crumbs of bread.

BOILED EELS.

The small ones are best; do them in a small

quantity of water, with a good deal of parsley, which should be served up with them and the liquor.

Serve chopped parsley and butter for sauce.

COLLARED EEL.

Bone a large eel, but don't skin it: mix pepper, salt, mace, all-spice, and a clove or two, in the finest powder, and rub over the whole inside; roll it tight, and bind with a coarse tape. Boil in salt and water till enough, then add vinegar, and when cold keep the collar in pickle. Serve it either whole or in slices. Chopped sage, parsley, and a little thyme; knotted marjoram, and savoury, mixed with the spices, greatly improve the taste.

FLOUNDERS.

Let them be rubbed with salt inside and out, and lie two hours to give them some firmness. Dip them into eggs; cover with crumbs, and fry them.

FLOUNDERS—WATER SOUCHY.

Stew two or three flounders, some parsley leaves and roots, thirty pepper-corns, and a quart of water, till the fish are boiled to pieces; pulp them through a sieve. Set over the fire the pulped fish, the liquor that boiled them, some perch, tench, or flounders, and some fresh leaves and roots of parsley; simmer all till done enough, then serve in a deep dish. Slices of bread and butter are to be sent to table, to eat with *the souchy.*

VEGETABLES.

TO DRESS VEGETABLES.

VEGETABLES should be fresh gathered, and washed quite clean; when not recently gathered, they should be put into cold spring water sometime before they are dressed. When fresh gathered they will not require so much boiling, by a third of the time, as when they have been gathered the usual time those in our markets have.

Shake the vegetables carefully to get out the insects; and take off the outside leaves.

To restore frostbitten vegetables, lay them in cold water an hour before boiling, and put a piece of saltpetre in the saucepan when set on the fire.

Soft water is best for boiling vegetables; but if only hard water can be obtained, a very small bit of soda or carbonate of ammonia will soften it and improve the appearance of the vegetables. Pearl-ash should never be used, as it imparts an unpleasant flavour, as will soda also if not cautiously used.

All vegetables (except carrots) should be boiled by themselves, and in plenty of water. Salt should be used with green vegetables; and the water should be skimmed before they are put in. Fast boiling in *an uncovered* saucepan will preserve their colour.

When they sink they are done and should be taken out and drained, else they will lose their colour, crispness, and flavour.

Green vegetables, generally, will require from twenty minutes to half an hour, fast boiling; but their age, freshness, and the season in which they were grown, require some variation of time. They should almost invariably be put on in boiling water.

Vegetables are very nutritious and wholesome, when thoroughly boiled; but are very indigestible when not sufficiently dressed. The principal points in cooking them are, to boil them so soft as to be easy of digestion, and sufficiently to get rid of any rankness without losing their grateful flavour.

TO BOIL NEW POTATOES.

These are never good unless freshly dug. Take them of equal size, and rub off the skins with a brush, or a very coarse cloth, wash them clean, and put them, without salt, into boiling, or at least quite hot water; boil softly, and when they are tender enough to serve, pour off the water entirely, strew some fine salt over the potatoes, give them a shake, and let them stand by the fire in the saucepan for a minute, then dish and serve them immediately. Some cooks throw in a small slice of fresh butter with the salt, and toss them gently in it after it is dissolved. This is a good mode, but the more usual one is to send melted butter to table with them, or to pour *white sauce over* them when they are very

young, and served early in the season, as a side or corner dish.

Very small, ten to fifteen minutes: moderate sized, fifteen to twenty minutes.

MASHED POTATOES.

Boil them perfectly tender quite through, pour off the water, and steam them very dry; peel them quickly, take out every speck, and, while they are still hot, press the potatoes through an earthen cullender, or bruise them to a smooth mash with a strong wooden fork, or spoon, but never pound them in a mortar, as that will reduce them to a close heavy paste. *Let them be entirely free from lumps*, for nothing can be more indicative of carelessness or want of skill on the part of the cook, than mashed potatoes sent to the table full of lumps. Melt in a clean saucepan a slice of good butter, with a few spoonfuls of milk, or better still, of cream; put in the potatoes after having sprinkled some fine salt upon them, and stir the whole over a gentle fire with a *wooden* spoon, until the ingredients are well mixed, and the whole is very hot. It may then be served directly; or heaped high in a dish, left rough on the surface, and browned before the fire; or it may be pressed into a well buttered mould of handsome form, which has been strewed with the finest bread crumbs, and shaken free of the loose ones, then turned out, and browned in an oven.

TO BOIL TURNIPS.

Pare entirely from them the stringy rind, and either split the turnips once or leave them whole; throw them into boiling water slightly salted, and keep them closely covered from smoke and dust till they are tender. When small and young they will be done in from fifteen to twenty minutes; at their full growth they will require from three-quarters to a full hour, or more, of gentle boiling. After they become old and woolly, they are not worth dressing in any way. When boiled in their skins and pared afterwards, they are said to be of better flavour and much less watery than when cooked in the usual way.

Young turnips, fifteen to twenty minutes: full-grown, three-quarters to one hour, or more.

TURNIPS IN WHITE SAUCE.

(Entremets).

When no scoop for the purpose is at hand, cut some small finely-grained turnips into quarters, and pare them into balls, or into the shape of plums or pears of equal size; arrange them evenly in a broad stewpan or saucepan, and cover them nearly with good veal broth, throw in a little salt, and a morsel of sugar, and boil them rather quickly until they are quite tender, but unbroken; lift them out, draining them well from the broth; dish, and pour over them some thick white sauce. As an economy, a cup of cream, and a teaspoonful of arrowroot may be added to the broth *in which the* turnips have stewed, to

make the sauce; and when it boils, a small slice of butter may be stirred and well worked into it should it not be sufficiently rich without.

TURNIPS STEWED IN BUTTER.

(Good).

This is an excellent way of dressing the vegetable when it is mild and finely grained; but its flavour otherwise is too strong to be agreeable. After they have been washed, wiped quite dry, and pared, slice the turnips nearly half an inch thick, and divide them into dice. Just dissolve an ounce of butter for each half-pound of the turnips, put them in as flat as they can be, and stew them very gently indeed, from three-quarters of an hour to a full hour. Add a seasoning of salt and white pepper when they are half done. When thus prepared, they may be dished over fried or nicely broiled mutton cutlets, or served by themselves.

For a small dish: turnips, one pound and a half; butter, three ounces; seasoning of white pepper; salt, half a teaspoonful, or more: three-quarters to one hour. Large dish: turnips, two pounds; butter, four ounces.

TO BOIL BEETS.

Wash the roots delicately clean, but neither scrape nor cut them, as not a fibre even should be trimmed away, until after they are dressed. Throw them into boiling water, and according to their size boil them

from one hour and a half to two hours and a half. Pare and serve them whole, or thickly sliced, and send melted butter to table with them. Beet-root is often mixed with winter salads; and it makes a pickle of beautiful colour; but one of the most usual modes of serving it at the present day is, with the cheese, cold and merely pared and sliced, after having been boiled or baked.

Boiled, one hour and a half to two hours and a half; baked, two hours and a half to three hours and a half.

Observe.—This root must not be probed with a fork like other vegetables, to ascertain if it be done or not; but the cook must endeavour, by attention, to learn the time required for it. After it is lifted out, the thickest part may be pressed with the fingers, to which it will yield, if it be sufficiently boiled.

TO BOIL CARROTS.

Wash the mould from them, and scrape the skin off lightly with the edge of a sharp knife, or, should this be objected to, pare them as thin and as equally as possible; in either case free them from all blemishes, and should they be very large, split them across the tops, a few inches down; rinse them well, and throw them into plenty of boiling water with some salt in it. The skin of very young carrots may be rubbed off like that of new potatoes, and from twenty to thirty minutes *will then* be sufficient to boil them;

but at their full growth they will require from one and a half to two hours. It was formerly the custom to tie them in a cloth, and to wipe the skin from them with it after they were dressed; and old-fashioned cooks still use one to remove it; but all vegetables should be served with the least possible delay. Melted butter should accompany boiled carrots.

TO BOIL GREEN PEAS.

Boil them very fast in plenty of water with the lid off the stewpan; the water should be moderately salted. They are unfit for eating when they become hard and yellowish, but when growing rather old a very small quantity of carbonate of ammonia put into the water, with two or three lumps of loaf-sugar, will greatly improve them. The old English method of putting a sprig of mint, or a little parsley, is still a good practice, and ought to be continued unless specially forbidden, or the mint may be chopped and put round the dish. A few bits of raw butter should also be put into the peas when boiled, and a dust of pepper and salt thrown over them if they be completely ripe; but if quite young, neither butter, salt, nor pepper, should be added to them, but a teaspoonful of pounded white sugar. When growing to maturity the pods are of different ages, and young and old peas should not be boiled together; sift them, therefore, from each other, and put the old ones into the water some minutes sooner than the young: they *require from* fifteen to twenty minutes boiling.

TO BOIL GREEN PEAS.

Another way.

Having shelled them, put a teaspoonful of white sugar and some salt into the water, and when it boils, put in the peas, with a small bunch of mint; boil twenty minutes, or until they are done; then drain them in a cullender; put a piece of butter into the dish with the peas; stir them about, and serve.

A peck of peas will require a gallon of water to boil them in.

TO STEW GREEN PEAS.

Put into a stewpan a quart of peas, one onion, two ounces of butter, a sprig of mint, a teaspoonful of white sugar, and two tablespoonfuls of gravy; stew till soft, when take out the onion and mint, and thicken with flour and butter. A lettuce is sometimes stewed with them.

Peas dressed together should be as nearly one size as possible, else some only will be properly done. To ensure this, the peas should be passed through a coarse sieve.

SPLIT-PEAS PUDDING.

Take any quantity, say one pint of yellow split peas; allow them to remain in water the whole night before you wish to use them; after which take them out and put them into a cloth so loose as to allow the peas to swell; boil them for four hours, or until they are *quite tender, then rub* them through a cullender,

so as to render them perfectly smooth; add to the pulp a lump of butter and some salt. After being well mixed put the peas again into a cloth, tie tightly, and boil for about half an hour. Pour over it melted butter.

A richer pudding may be made if two well-beaten eggs are added along with the butter. It is served with boiled pork.

TO BOIL WINDSOR BEANS.

When young, freshly gathered, and well dressed, these beans, even with many persons accustomed to a luxurious table, are a favourite accompaniment to a dish of streaked bacon, or delicate pickled pork. Shell them only just before they are wanted, then wash, drain, and throw them into boiling water, salted as for peas. When they are quite tender, pour them into a hot cullender, drain them thoroughly, and send them to table quickly, with a tureen of parsley and butter, or with plain melted butter, when it is preferred. A boiled cheek of bacon, trimmed free of any blackened parts, may be dished *over* the beans, upon occasion.

From twenty to thirty minutes; less when *very* young.

Observe.—When the skin of the beans appear wrinkled, they will generally be found sufficiently tender to serve, but they should be tasted to ascertain that they are so.

TO BOIL CABBAGE AND GREENS.

A full-grown cabbage, quartered, will require an hour's boiling; a young one half that time. Greens will require about twenty minutes quick boiling. In both cases, salt should be put into the water.

Savoys should be boiled whole, and quartered before serving.

It has been recommended to boil cabbages in two waters; that is, when they are half done to pour off the water, and add fresh boiling water.

Be careful to press the greens as dry as possible.

TO BOIL CAULIFLOWERS.

Choose those that are close and white, cut off the green leaves, and look carefully that there are no caterpillars about the stalk; soak an hour in cold water, with a handful of salt in it; then boil them in milk and water, and take care to skim the saucepan, that not the least foulness may fall on the flower. It must be served very white, and rather crimp.

SPINACH.

(Entremets), French Receipt.

Pick the spinach leaf by leaf from the stems, and wash it in abundance of spring water, changing it several times; then shake it in a dry cloth held by the four corners, or drain it on a large sieve. Throw it into sufficient well salted boiling water to allow it to float freely, and keep it pressed down with a skimmer that it may be equally done. When quite

young it will be tender in from eight to ten minutes, but to ascertain if it be so, take a leaf and squeeze it between the fingers. If to be dressed in the French mode, drain, and then throw it directly into plenty of fresh water, and when it is cool form it into balls and press the moisture thoroughly from it with the hands. Next, chop it extremely fine upon a clean trencher; put two ounces (for a large dish) of butter into a stewpan or bright thick saucepan, lay the spinach on it, and keep it stirred over a gentle fire for ten minutes, or until it appears dry; dredge in a spoonful of flour, and turn the spinach as it is added; pour to it gradually a few spoonfuls of very rich veal gravy, or, if preferred, of *good* boiling cream, (with the last of these a dessert-spoonful or more of pounded sugar may be added for a second-course dish, when the true French mode of dressing the vegetable is liked). Stew briskly until the whole is well absorbed; dish, and serve the spinach very hot, with small, pale fried sippets round it, or with leaves of puff paste fresh from the oven, or well dried after having been fried. For ornament the sippets may be fancifully shaped with a tin cutter. A proper seasoning of salt must not be omitted in this or any other preparation of the spinach.

SPINACH.

(Common English mode.)

Boil the spinach very green in plenty of water, drain, and then press the moisture from it between

two trenchers; chop it small, put it into a clean saucepan, with a slice of fresh butter, and stir the whole until well mixed and very hot. Smooth it in a dish, mark it in dice, and send it quickly to table.

TO STEW CELERY.

Wash the heads, and strip off their outer leaves; either halve or leave them whole, according to their size, and cut them into lengths of four inches. Put them into a stewpan with a cup of broth or weak white gravy; stew till tender; then add two spoonfuls of cream, a little flour, and butter, seasoned with pepper, salt, nutmeg, and a little pounded white sugar; and simmer all together.

Or: Parboil it, cut it into quarters, fry it, and serve it on a napkin, or with beef gravy.

Celery is a great improvement to all soups and gravies, and much used as a white sauce, either alone or with oysters.

TO BOIL ONIONS PLAIN.

Peel them and soak them an hour in cold water; put them into boiling milk and water, boil them till tender, and serve with melted butter. Or, boil the onions in two waters.

TO BOIL ASPARAGUS.

Scrape clean the stalks, and throw them into cold water; tie them in bundles of about twenty each, with tape, and cut the stalks even. Put them into

boiling water, with a handful of salt, and boil half an hour, or until they are tender at the stalk. Having toasted a round of bread, dip it into the water in which the asparagus was boiled, lay them upon the toast, the white ends outwards each way; and serve with melted butter.

TO BOIL ASPARAGUS.

Another way.

This is a convenient mode of dressing asparagus, when it is too small and green to make a good appearance plainly boiled. Cut the points so far only as they are perfectly tender, in bits of equal size, not more than the third of an inch in length; wash them very clean, and throw them into plenty of boiling water, with the usual quantity of salt and a morsel of soda. When they are tolerably tender, which will be in from ten to twelve minutes, drain them well, and spread them on a clean cloth; fold it over them, wipe them gently, and when they are quite dry put them into a clean stewpan with a good slice of butter, which should be just dissolved before the asparagus is added; stew them in this over a brisk fire, shaking them often, for eight or ten minutes; dredge in about a small teaspoonful of flour, and add half that quantity of white sugar; then pour in boiling water to nearly cover the asparagus, and boil it rapidly until but little liquid remains; stir in the beaten yolks of two eggs, heap the asparagus high

in a dish, and serve it very hot. The sauce should adhere entirely to the vegetable.

MUSHROOMS.

Cooks should be perfectly acquainted with the different sorts of things called by this name by ignorant people, as the death of many persons has been occasioned by carelessly using the poisonous kinds.*

The *eatable mushrooms* at first appear very small and of a round form on a little stalk. They grow very fast, and the upper part and stalk are white. As the size increases, the under part gradually opens, and shows a fringed fur of a very fine salmon colour, which continues more or less till the mushroom has gained some size, and then turns to a dark brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edges and middle. Those that have a white or yellow fur should be carefully avoided, though many of them have the same smell, but not so strong, as the right sort.

TO STEW MUSHROOMS.

The large buttons are best for this purpose, and the small flaps while the fur is still red. Rub the buttons with salt and a bit of flannel; cut out the

* We do not believe that mushrooms are nutritive; every one knows they are often dangerously indigestible; therefore the rational epicure will be content with extracting the flavour from them, which is obtained in the utmost perfection in good mushroom ketchup.—*Dr. Kitchiner.*

fur, and take off the skin from the others; put them into a stewpan with a little lemon juice, pepper, salt, and a small piece of fresh butter, and let the whole simmer slowly till done; then put a small bit of butter and flour, with two spoonfuls of cream; give them one boil, and serve with sippets of bread.

TO STEW MUSHROOMS.

An easy way.

Cut off that part of the stem that grows under ground, wash them carefully, and take the skin from the top. Put them into a stewpan with some salt but no water; stew them till tender, and thicken with a tablespoonful of butter, mixed with one of browned flour.

TO BROIL MUSHROOMS.

The largest are the best. Have a clear cinder fire; make the gridiron hot, and rub the bars with suet to prevent the mushrooms from sticking; place them also on the gridiron with their stalks upwards; sprinkle them slightly with salt, and a good shake of pepper, and serve them on a hot dish, with a little cold butter under and over them. When they begin to steam they are sufficiently done.

BEEF.

TO CHOOSE BEEF.

If young and freshly killed, the lean of ox-beef will be smoothly grained, and of a fine, healthy, carnation red, the fat rather white than yellow, and the suet white and firm. Heifer beef is more closely grained, and rather less bright of colour, the bones are considerably smaller, and the fat of a purer white.

In choice and well-fed beef, the lean will be found intergrained with fat: very lean meat is always of an inferior quality.

The ribs, the sirloin, and the rump, are the proper joints for roasting. The round, or buttock, the edge-bone, the second round, or mouse-buttock, the shin, the brisket, the shoulder, or leg of mutton piece, and the clod, may be boiled or stewed. The neck is generally used for soup or gravy; and the thin flank for collaring. The best steaks are cut from the middle of the rump; the next best from the veiny piece, or from the chuck-rib. The inside of the sirloin, commonly used for the purpose in France, makes by far the most delicate steaks: but though *exceedingly* tender, they are considered by epicures to be wanting in flavour.

The finest part of the sirloin is the chump-end,

which contains the larger portion of the fillet: of the ribs, the middle ones are those generally preferred by experienced housekeepers.

KEEPING MEAT.

As soon as the meat is brought in, it should be wiped dry and examined, and the fly-blown parts, if any, should be cut off. This should be attended to daily, else, when dressed, the outer slices are liable to have a musty flavour.

SIRLOIN OF BEEF TO ROAST.

The sirloin is usually hung a few days to make it eat short and tender, therefore, before you dress it, you should wash the meat in cold water, wipe it with a clean cloth; when you have made it nice and clean, hang it carefully down to the fire, so that it may turn round evenly; a piece of writing-paper, well buttered, must be tied on with a string, or skewered on with very small skewers, over the fat side, till the meat is about three parts done, to prevent the fat from burning. A good durable fire having been made up, the meat should be so hung down that the thickest part of the joint will get the strongest part of the fire, but not too near at first, or it will get scorched on the outside before it is warmed through. Put into the dripping-pan a pint of water, or clean dripping, and begin to baste the meat immediately it is warmed, and continue to baste it every quarter of an hour, till about half an hour before it is done.

Then take the meat back from the fire; clean out all grit that has fallen into the dripping-pan; take off the paper that covered the fat; stir the fire, if necessary, that it may burn fierce and clear; baste the meat well; sprinkle a little salt all over the joint, and dredge it well with flour. Put it to the fire again, and let it roast till it is done, and the outside is nicely browned and frothed; observing not to baste it for a full quarter of an hour after flouring it.

A sirloin weighing ten pounds, that has been kept a proper time, will take two hours and a half to roast. Rather more time must be allowed in cold than in hot weather. About twenty minutes to the pound is a safe rule.

RIBS OF BEEF.

Ribs of beef should also be kept hanging a few days to become short and tender, therefore wipe and make it nice and clean before you hang it to the fire, as directed for the sirloin; there are sometimes two and sometimes three ribs to a joint; and it must be cooked the same way as the sirloin; only they are best done, and eat nicest, if they are hung to roast the thick part upwards, at first, till they are full half done, or rather longer; but take care to hang it so that the thick part gets the most of the fire; and be sure to tie well buttered paper over the fat part, as directed for the sirloin. Less time, however, will be required for roasting the ribs than the sirloin, because the *joint is* thinner. From three hours

to three hours and a half, may be allowed for ribs of beef weighing fifteen or sixteen pounds; giving a little more time if a thick joint, and a little less if a thin one. When the joint is a little more than half done, you must hang it the other way upwards, baste it, sprinkle it with salt, and dredge it very slightly with flour; but sprinkle it with salt, and dredge it well again with flour, about half an hour before you take it up, first taking off the paper which covers the fat, as directed for the sirloin.

RUMP OF BEEF.

This is one of the most juicy of all the joints of beef, but is more frequently stewed than roasted. As it is generally too large to serve whole, cut as much from the chump-end to roast as will make a handsome dish. Manage it as the sirloin. When boned and rolled into the form of a fillet of veal, it requires more time.

GRAVY SAUCE FOR ROAST BEEF.

When beef is of a good quality, and roasted with care, the gravy which flows from it is the best sauce for the meat. Clear it of the fat and sediment, add a little salt, and if too thin, a dust of browned flour, and boil it up. To the gravy of veal, a little butter may be added.

Pickles or grated horseradish should always be served with roast beef—with ketchup and mustard *in the castor.* The vegetables most in favour are

potatoes, plain, boiled, or mashed—turnips, beets, and boiled spinach.

TO ROAST A FILLET OF BEEF.

Raise the fillet from the inside of the sirloin, or from part of it, with a sharp knife; leave the fat on, trim off the skin, lard it through, or all over, or roast it quite plain; baste it with butter, and send it very hot to table, with tomato sauce, or sauce piquant, or eschalot sauce, in a tureen. It is sometimes served with brown gravy or currant jelly: it should then be garnished with forcemeat balls. If not very large, an hour and a quarter will roast it well with a brisk fire.

Observe. The remainder of the joint may be boned, rolled, and roasted or braised; or made into meat cakes; or served as a miniature round of beef.

STEWED RUMP OF BEEF.

Take a rump of beef, bone it, tie it up with string, take a pot that will just hold it, and cover the bottom of the pot with a few slices of bacon; put as much water as will nearly cover the meat, with a carrot, turnip, four onions, a head of celery, a spoonful of salt, and a blade of mace. Cover up the pot, and simmer between three and four hours; lift out the meat, and strain the stock, put the meat back into the pot with a little of the stock to keep it warm, reduce a sufficient quantity of the stock to glaze the rump; *to the remainder* add as much roux as will

thicken it, boil and skim carefully, dress the beef upon a dish, pour the sauce round, serve with some carrots, turnips, cut in shapes, and a few button onions.

ROLL OF BRAISED BEEF.

Procure a nice piece of rib of beef of about fifteen pounds, remove the chin-bone neatly, with the ribs, lay a few strips of fat bacon across the fillet—then roll up the beef—and bind it round with a piece of broad tape, place it in the braising-pan, with the bones and trimmings; put two or three ounces of butter into the pan, with a little salt, cover up very close, and place over a slow fire for twenty minutes, turning it round and shaking every few minutes; then add as much stock, or if none, water, as will not quite cover the beef, having previously added three carrots, four onions, three heads of celery, a few sprigs of parsley, and a few leaves of basil or thyme; cover up the pan, and allow it to stew very slow about four hours, more or less according to the tenderness of the meat. Take out the beef, remove the tape, and trim it; skim off the fat from the liquor in the pan, remove the vegetables, &c., with a roux, or a little butter rolled in flour, make a nice sauce with a portion of the liquor, reduce the rest into glaze, with which glaze the beef, have some nice carrots and turnips cut into neat shapes and boiled, with a little stock; place them round the beef, pour the *sauce round,* and serve.

ROUND OF SALT BEEF.

If the round has been long in salt, allow it to soak for an hour in water, then put it on the fire with plenty of cold water, and when beginning to boil, draw aside and simmer till ready; three hours will be enough for a round of fourteen or fifteen pounds; one of thirty pounds, will take about five hours; take the pot off the fire, allow the round to lie in the water it was boiled in till cold. Remove the string, trim, and if required may be glazed.

FRESH OX TONGUE BRAISED.

Procure a large tongue, put it in a pot of tepid water to soak for a few hours, then clean it well, and put it on the fire with cold water, allow it to boil for ten minutes, take it off the fire and throw into cold water; with a sharp knife pare the root neatly, give it a neat shape by tying with a string; place the tongue in a stewpan that will just hold it; lay a few carrots, turnips, and onions around it, and nearly cover with stock, and simmer for three hours, or less; flay the tongue, reduce the liquor, with which glaze it; serve with a sharp brown sauce, with a few nice turned roots in it.

BEEF TONGUE.

If it has been dried and smoked before it is dressed, it should be soaked over night, but if only pickled, a few hours will be sufficient. Put it in a pot of cold water over *a slow fire* for an hour or two, before it

come to boil. Then let it simmer gently for from three and a half to four hours, according to its size; ascertain when it is done by pricking it with a skewer. Take the skin off and before serving surround the meat with a paper frill.

PALATES OF BEEF.

Excellent.

Take four or five palates and steep them over night with salt and let them in warm water for two or three hours to disgorge. Change the water put them in a saucepan, cover with water bring to the boil, and so take off the skin by scraping them with a knife, if not immediately when all the skin will come off. Take a little [illegible] put the palates to it and stew for about [illegible] or till tender; take them out, put them [illegible] and press flat till cold. Then cut [illegible] into pieces with a cutter or into fillets, or they [illegible] with a thread. Have a rich [illegible] put the palates into it when [illegible] palates may be served [illegible] or as a Vol-au-vent.

[illegible] OF BEEF.

[illegible] has been braised as [illegible] for one hour in the best shoes: [illegible] in the rubber: [illegible] and five, serve with [illegible] which [illegible] Put the meat in the middle.

RUMP STEAK, STEWED.

Procure a thick rump steak, melt a few ounces of butter in a stewpan, lay in the steak, fry over the fire till lightly browned; dredge a spoonful of flour over it, give a few turns over the fire till the flour is done. Pour a pint of common stock over it, season with a little pepper. Salt a small piece of sugar, stew half an hour longer; a glass of wine will be an improvement. Serve.

FILLETS OF BEEF.

Cut a few slices of beef from under the rump; beat them with the cutlet bat, pare neatly round, broil them over the fire, sprinkle a little pepper and salt over them, when ready, serve with sauce piquant.

FILLETS OF BEEF.

Another way.

Take a few slices of beef, half an inch in thickness and about three or four inches square; beat them with the chopper, and pare off the corners; melt an ounce or two of butter in a frying-pan, lay in the pieces, season with pepper and salt; when done, dish the pieces neatly with a little brown sauce, in which are a few gherkins chopped fine.

A FRICANDEAU OF BEEF.

Take a nice bit of lean beef; lard it with bacon seasoned with pepper, salt, cloves, mace, and all-spice. Put it into a *stewpan with* a pint of broth, a glass of

white wine, a bundle of parsley, all sorts of sweet herbs, a clove of garlic, a shalot or two, four cloves, pepper, and salt. When the meat is become tender, cover it close: skim the sauce well, and strain it; set it on the fire, and let it boil till it is reduced to a glaze. Glaze the larded side with this, and serve the meat on sorrel sauce.

TO STEW A RUMP OF BEEF.

Half roast it; then put it into a large pot with three pints of water, one of small beer, one of port wine, some salt, three or four spoonfuls of vinegar, two of ketchup, a bunch of sweet herbs of various kinds (such as burnet, tarragon, parsley, thyme, basil, savoury, pennyroyal, marjoram, knotted marjoram, and a leaf or two of sage), some onions, cloves, and Cayenne; cover it close, and simmer till quite tender: two or three hours will do it. When done lay it into a deep dish, set it over hot water, and cover it close. Skim the gravy; put in a few pickled mushrooms, truffles, morels, and oysters if agreeable, but it is very good without; thicken the gravy with flour and butter, and heat it with the above, and pour over the beef. Forcemeat balls of veal, anchovies, bacon, suet, herbs, spice, bread, and eggs, to bind, are a great improvement.

TO STEW A RUMP OF BEEF.

Another way.

Wash it with care, and season it well with pepper,

salt, ground all-spice, mace, and cloves; then tie it up, and put into a pot, upon twigs or wooden skewers, to prevent the meat from sticking; add to it three large onions sliced, two turnips, three carrots, a shalot, some celery, and a handful of sweet herbs. Cover the meat with boiling water, add beef or mutton shank-bones, and simmer the whole till tender for about four hours. Then strain the gravy, take off the fat, and add from half a pint to a pint of port wine or sherry, or the juice of a fresh lemon, and a tablespoonful of mushroom ketchup; thicken it, simmer for half an hour, and then pour it over the beef. Garnish with carrots and turnips.

TO PRESS BEEF.

Salt a bit of brisket, thin part of the flank, or the tops of the ribs, with salt and saltpetre five days, then boil it gently till extremely tender: put it under a great weight or in a cheese press, till perfectly cold.

It eats excellently cold, and for sandwiches.

TO COLLAR BEEF.

Choose the thin end of the flank of fine mellow beef, but not too fat; lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool. Then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning cut small: a large handful of parsley, the same of sage, some thyme, mar-

joram, and pennyroyal, pepper, salt, and all-spice. Roll the meat up as tight as possible, and bind it, then boil it gently for seven or eight hours. A cloth must be put round before the tape. Put the beef under a good weight while hot, without undoing it: the shape will then be oval. Part of a breast of veal rolled in with the beef, looks and eats very well.

BEEF STEAKS

Should be cut from a rump that has hung a few days. Broil them over a very clear or charcoal fire: put into the dish a little minced shalot, and a tablespoonful of ketchup; and rub a bit of butter on the steak the moment of serving. It should be turned often, that the gravy may not be drawn out on either side.

This dish requires to be eaten so hot and fresh done, that it is not in perfection if served with anything else. Pepper and salt should be added when taking it off the fire.

BEEF STEAKS AND OYSTER SAUCE.

Strain off the liquor from the oysters, and throw them into cold water to take off the grit, while you simmer the liquor with a bit of mace and lemon peel; then put the oysters in, stew them a few minutes, and a little cream if you have it, and some butter rubbed in a bit of flour; let them boil up once; and have rump steaks, well seasoned and broiled, ready for throwing the oyster sauce over the moment you are *to serve.*

BEEF COLLOP.

Cut thin slices of beef from the rump, or any other tender part, and divide them into pieces three inches long; beat them with the blade of a knife, and flour them. Fry the collops quick in butter two minutes; then lay them into a small stewpan, and cover them with a pint of gravy; add a bit of butter rubbed in flour, pepper, salt, the least bit of shalot shred as fine as possible, half a walnut, four small pickled cucumbers, and a teaspoonful of capers cut small. Take care that it does not boil; and serve the stew in a very hot covered dish.

FRICASSEE OF COLD ROAST BEEF.

Cut the beef into very thin slices, shred a handful of parsley very small, cut an onion into quarters, and put all together, into a stewpan, with a piece of butter and some strong broth; season with salt and pepper, and simmer very gently a quarter of an hour; then mix into it the yolks of two eggs, a glass of port wine, and a spoonful of vinegar; stir it quick, rub the dish with shalot, and turn the fricassee into it.

TO DRESS COLD BEEF THAT HAS NOT BEEN DONE ENOUGH, CALLED BEEF OLIVES.

Cut slices half an inch thick, and four inches square; lay on them a forcemeat of crumbs of bread, shalot, a little suet, or fat, pepper, and salt. Roll them, and fasten with a small skewer; put them into a stewpan with some gravy made of the beef-bones,

or the gravy of the meat, and a spoonful or two of water, and stew them till tender. Fresh meat will do.

TO MINCE BEEF.

Shred the underdone part fine, with some of the fat; put it into a small stewpan, with some onion or shalot (a very little will do), a little water, pepper, and salt; boil it till the onion is quite soft; then put some of the gravy of the meat to it, and the mince. Do not let it boil. Have a small hot dish with sippets of bread ready, and pour the mince into it, but first mix a large spoonful of vinegar with it; if shalot-vinegar is used, there will be no need of the onion nor the raw shalot.

TO HASH BEEF.

Do it the same as in the last receipt; only the meat is to be in slices, and you may add a spoonful of walnut-liquor or ketchup.

Observe that it is owing to *boiling* hashes or minces, that they get hard. All sorts of stews, or meat dressed a second time, should be only simmered; and this last only hot through.

BEEF A-LA-VINGRETTE.

Cut a slice of underdone boiled beef three inches thick, and a little fat; stew it in half a pint of water, a glass of white wine, a bunch of sweet herbs, an onion, and a bay leaf; season it with three cloves *pounded*, and pepper, till the liquor is nearly wasted

away, turning it once. When cold, serve it. Strain off the gravy, and mix it with a little vinegar for sauce.

STEWED OX CHEEK, PLAIN.

Soak and cleanse a fine cheek the day before it is to be eaten; put it into a stewpot that will cover close, with three quarts of water; simmer it after it has first boiled up and been well skimmed. In two hours put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of all-spice. Skim it often; when the meat is tender, take it out; let the soup get cold, take off the cake of fat, and serve the soup separate or with the meat.

It should be of a fine brown: which may be done by burnt sugar; or by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

If vegetables are not approved in the soup, they may be taken out, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled-in, and strained off.

MIROTON OF BEEF.

Cut a few slices from a piece of cold braised beef; trim them neatly; place in a frying-pan, with a few

spoonfuls of good stock; when hot, season with a little salt and pepper; dish, and serve with gherkin sauce poured over.

OX KIDNEYS.

Take a fresh ox kidney, of a nice light colour, cut it into neat slices, not too thin, put them into a frying-pan, with a little butter made very hot, give a few turns over the fire, when done enough, dredge a little flour over them; moisten with a glass of wine, and a little stock if convenient, or water; season with salt and pepper; do not boil more than three or four minutes, or they will get hard.

OX CHEEK.

Procure a fresh ox cheek, take the bones from it, lay it in cold water an hour or two; put the cheek in a stewpan with a carrot, two onions, a piece of celery, and a little parsley; moisten with a little stock, and allow it to braise very slowly for about two hours; take it up and press flat; when cold, pare and trim neatly, and cut into neat square pieces; reduce the liquor to a glaze, throw the pieces into it, dish in circle, with a nice well seasoned white sauce in centre.

BEEF OLIVES.

Cut eight slices from a rump, or hook-bone of beef, two inches broad, and six inches long; flatten them, and spread some veal forcemeat on each, if no force-

meat is at hand, mince a little suet, bread crumbs, an onion, parsley, pepper, salt, mix altogether, with an egg; lay a little of this preparation on each, roll up neatly and tie with a thread; put them into a stew-pan, with a piece of carrot, turnip, a clove, half a blade of mace; scarcely cover with stock, or water; stew them very slow, when tender take out the olives, and make a sauce with the liquor, by adding a small piece of roux, or a little butter rolled in flour; season rather high; take the thread from the olives, and pour the sauce over, and serve.

TO ROAST BEEF HEART.

Wash it well, and clean all the blood carefully from the pipes; parboil it ten or fifteen minutes in boiling water; drip the water from it; put in a stuffing which has been made of bread crumbs, minced suet or butter, sweet marjorum, lemon, thyme, and parsley, seasoned with salt, pepper, and nutmeg. Put it down to roast, while hot baste it well with butter, froth it up, and serve it with melted butter and vinegar; or with gravy in the dish, and currant jelly in a sauce tureen. To roast, allow twenty minutes to a pound.

TO DRESS THE INSIDE OF A COLD SIRLOIN OF BEEF.

Cut off the meat, with a little of the fat, into strips three inches long and half an inch thick; season with pepper and salt, dredge them with flour, and fry them brown in *butter;* then simmer them in a

rich brown gravy; add of mushroom ketchup, onion, and shalot vinegar, a tablespoonful each. Garnished with fried parsley.

BAKED BEEF.

A rump of twenty to twenty-five pounds weight. Take two ounces each of pepper and all-spice, one ounce of pounded cloves, and the same quantity of mace; rub this all over the joint, which should be hung up for a fortnight or three weeks, according to the weather—taking care to keep it dry, and occasionally to renew the seasoning. When ready for baking, wash off the spice with port wine or warm vinegar and water, and lard the rump throughout, by inserting large lardoons in different parts of the meat. Then put a large quantity of suet, shred fine, both under and over it, and cover it with coarse flour and water paste, between which and the suet you may put a few bay leaves or some sweet herbs. If eaten hot, the dough, bay leaves, and suet, must all be taken off, the joint basted, sprinkled with a little salt and flour, over which a salamander should be passed, and served up with strong gravy or brown sauce. If cold, leave on the dough till wanted.

It should be baked in a moderately-heated oven, and will take according to the size, from six to eight hours' baking.

SAVOURY MINCED COLLOPS.

Make a little brown thickening with about an

ounce and a half of butter, and a dessert-spoonful of flour; when it begins to be coloured, shake lightly into it a large teaspoonful of finely shred parsley or mixed savoury herbs, two-thirds as much of salt, and half the quantity of pepper. Keep these stirred over a gentle fire until the thickening is of a deep yellow brown; then add a pound of rump steak, finely minced, and keep it well separated with a fork until it is quite hot; next pour to it gradually half a cupful of boiling water, and stew the collops very gently for ten minutes. Before they are served, stir to them a little ketchup, Chili vinegar, or lemon juice: a small quantity of minced onion, eschalot, or a *particle* of garlic, may be added at first to the thickening when the flavour is not objected to.

BOUILLI.

The rump of beef is best for this purpose, as the meat is to be served up in a separate dish, and will make a finely flavoured sort of soup. Take as much of it as may be thought necessary; but for a small party, say from four to six pounds, along with two or three large roasted onions, in one of which some cloves may be stuck, and a moderate quantity of whole pepper, with a bunch of sweet herbs; to which an anchovy may be added: put it in a stewpan, covered with rather more than a pint of cold water to every pound of meat; and let it simmer by the side of the fire for four or five hours, or until it has become quite tender; then take out the herbs and onions,

and add carrots, turnips, and celery, either cut into small squares or sliced, and let the whole boil until sufficiently stewed, and ready for the table.

The soup should then be strained off, and served separately, leaving only so much as may be necessary for making sauce for the vegetables. The sauce should be a little thickened, and seasoned to the palate; if a clove of garlic, or a teaspoonful of garlic and Chili vinegar, be added, it will improve the flavour. In Ireland it is not uncommon to send up the bouilli smothered in onion sauce, the other vegetables being either not used, or brought up in the soup; in France it is very usual to dress cabbage and sausages as an accompaniment to the bouilli; but, in England, it is more customary to serve it up with the vegetable sauce as above stated. Cucumbers cut into dice and stewed, with a spoonful of Chili vinegar added, are served at most of the German hotels. The meat, if gently stewed until quite tender, without being boiled to rags, will be found excellent, and the whole an admirable dish.

TO BROIL BEEF STEAKS.

The steaks should be from half to three-quarters of an inch thick, equally sliced, and freshly cut from the middle of a well kept, finely grained, and tender rump of beef. They should be neatly trimmed, and once or twice divided, if very large. The fire must be strong and clear. The bars of the gridiron should be thin, and not very close together. When they

are thoroughly heated, without being sufficiently burning to scorch the meat, wipe and rub them with fresh mutton suet; next pepper the steaks slightly, but never season them with salt before they are dressed; lay them on the gridiron, and when done on one side, turn them on the other, being careful to catch, in the dish in which they are to be sent to table, any gravy which may threaten to drain from them when they are moved. Let them be served the *instant* they are taken from the fire, and have ready at the moment, dish, cover, and plates, as hot as they can be. From eight to ten minutes will be sufficient to broil steaks for the generality of eaters, and more than enough for those who like them but partially done.

Genuine amateurs seldom take prepared sauce or gravy with their steaks, as they consider the natural juices of the meat sufficient. When any accompaniment to them is desired, a small quantity of choice mushroom ketchup may be warmed in the dish that is heated to receive them; and which, when the not very refined flavour of a raw eschalot is liked, as it is by some eaters, may previously be rubbed with one, of which the large end has been cut off. A thin slice or two of fresh butter is sometimes laid under the steaks, where it soon melts and mingles with the gravy which flows from them. The appropiarate tureen sauces for broiled beef steaks are onion, tomato, oyster, eschalot, hot horseradish, and brown cucumber, or mushroom sauce.

Observe, 1.—We have departed a little in this receipt from our previous instructions for broiling, by recommending that the steaks should be turned but *once*, instead of "often," as all great authorities on the subject direct. By trying each method, our readers will be able to decide for themselves upon the preferable one: we can only say, that we have never eaten steaks so excellent as those which have been dressed *exactly* in accordance with the receipt we have just given, and we have taken infinite pains to ascertain the really best mode of preparing this very favourite dish, which so constantly makes its appearance both carelessly cooked and ill served, especially at private tables.

Observe, 2.—It is a good plan to throw a few bits of charcoal on the fire some minutes before the steaks are laid down, as they give forth a strong heat without any smoke.

TO BOIL TRIPE.

Put it into hot milk and water, an equal quantity of each; milk may be entirely omitted, or that used in which it may have been soaked; let it boil until quite tender, for two or three hours. Boil several large onions in two waters, so as to diminish their flavour; if Spanish onions can be got, they should be preferred. When quite tender, slice the onions into small flakes, but leave them in that state, and do not mash them into smooth sauce; put the onions into a casserole with milk and butter, so as to make

a delicate white sauce, and season it only with a little salt, or a slight grating of nutmeg; then put the tripe, hot from the pot, into a deep dish, and smother it entirely with the sauce. It is usually eaten with pepper and mustard, at the discretion of the guests. Oyster sauce is sometimes used, and much approved.

TO FRY TRIPE PREVIOUSLY COOKED.

Cut it into bits three or four inches square; make a batter thicker than for pancakes, of three eggs beaten up with flour and milk, a little salt, pepper, and nutmeg; dip in the tripe, and fry it in butter, or fresh dripping, of a light brown colour. Serve it garnished with parsley. *Sauce*—melted butter with lemon pickle in it.

VEAL.

TO CHOOSE VEAL.

VEAL should be fat, finely grained, white, firm, and not overgrown: for when very large it is apt to be coarse and tough. It is more difficult to keep than any other meat, except pork, and should never be allowed to acquire the slightest taint before it is dressed, as any approach to putridity renders it equally unwholesome and offensive to the taste. The

fillet, the loin, the shoulder, and the best end of the neck, are the parts generally selected for roasting; the breast and knuckle are more usually stewed or boiled. The udder, or firm white fat of the fillet, is much used by French cooks instead of butter, especially in the composition of their forcemeats: for these, it is first well boiled, then left until quite cold, and afterwards thoroughly pounded before it is mixed with the other ingredients. The head and feet of the calf are valuable articles of food, both for the nutriment which the gelatinous parts of them afford, and for the great variety of modes in which they may be dressed. The kidneys, with the rich fat that surrounds them, and the sweetbreads especially, are well known delicacies; the liver and the heart also are very good eating; and no meat is so generally useful for rich soups and gravies as veal.

Veal, more than any other meat, requires to be wiped with a clean cloth every morning. The kernel should be taken out of the thick fat of the leg, and the udder slightly sprinkled with salt. Cut out the pipe from along the chine-bone of the loin, remove the kernel from under the inside fat, and sprinkle the chine-bone with salt. The pipe and chine-bone should be cut out from the neck, and the inside of the ribs rubbed with salt. From the breast, cut off the loose inside fat, and piece of skirt. The shoulder is rarely kept above a day or two.

ROAST LOIN OF VEAL.

It is not usual to stuff a loin of veal, but we greatly recommend the practice, as an infinite improvement to the joint. Make the same forcemeat as for the fillet; and insert it between the skin and the flesh just over the ends of the bones. Skewer down the flap, place the joint at a moderate distance from a sound fire, keep it constantly basted, and be especially careful not to allow the kidney fat to burn: to prevent this, and to ensure the good appearance of the joint, a buttered paper is often fastened round the loin, and removed about half an hour before it is taken from the fire. It is the fashion in some counties to serve *egg sauce* and brown gravy with roast loin, or breast of veal.

The cook will scarcely need to be told that she must separate the skin from the flank, with a sharp knife, quite from the end, to the place where the forcemeat is to be put, and then skewer the whole very securely. When the veal is not papered, dredge it well with flour soon after it is laid to the fire. Two hours to two hours and a half.

FILLET OF VEAL STEWED.

Take a fillet of veal, remove the bone in the middle without spoiling the shape, fill up the space in the centre with a plain stuffing, and pass a trussing-needle with a piece of twine through it several times, to keep it in shape; place the fillet in a stewpan, with a few slices of bacon under it, and overlay a

few pieces of turnip and carrot, with a few onions, a blade of mace, two cloves, and a little salt; moisten with water or stock till the meat is nearly covered, and let the pot stew very slowly. A fillet weighing nine or ten pounds will take about three hours. When ready, take up the meat, and take away the string; strain the liquor, and reduce a portion to glaze the fillet, if any is left: make a sauce piquant, and serve.

ROLARD OF VEAL.

Procure a loin of veal, cut it quite square, and bone it, taking care not to cut the skin; lay it flat on the table, and with a mallet or cutlet-bat flatten it till nearly of an equal thickness; a few thin slices may be cut from the fillet, or thick part, and laid where it is very thin. Make a forcemeat with the lean part of the meat, spread it all over equally, then roll up as tight as possible, and sew it with a trussing-needle and string; slightly butter a cloth, lay the roll in it, and bind it up with a piece of tape. Put it into a pot, with all the trimmings, a few pieces of carrot, turnip, and a few onions; just cover with stock or water, and boil very slow for two hours; glaze, and serve, with a white sharp sauce.

CALF'S HEAD.

Prepare a calf's head, as before directed for mock turtle soup, but cutting it in pieces three inches square, *keeping the* tongue, ears, and palate whole. Stew

them in a little white stock till tender, taking care not to do them too much; the tongue will take longer than the other parts. When ready, dress the pieces on the dish in a circle—the tongue, glazed, in the middle, with the ears and palate; sauce over with béchamel, or piquant, or any other relishing sauce.

Calves' heads may be boned, and stuffed with veal forcemeat, or the cheeks kept whole.

Necks, breasts, and loins of veal, may be roasted, braised, or stewed. The breast of veal should be stuffed with veal forcemeat, or the plain stuffing.

GALENTINE OF VEAL.

Procure a loin of veal, from ten to sixteen pounds, bone it, without cutting the outer skin, and level it by cutting off the veal next the back-bone. Beat it all over with a wooden mallet till quite equal; if properly cut by the butcher, it should be perfectly square; strew a little pepper and salt over it, and allow it to lie on the table till ready for it. Make a rich veal forcemeat, as previously directed, of the cuttings from the loin; boil eight eggs twelve minutes, and cool them in water; wash twelve gherkins, and cut each into two, or four if large; cut some strips of ham, half an inch square, and six or eight inches long—about twelve pieces will be required. Cut the eggs in four, lengthways; spread the forcemeat all over, half an inch thick, then lay a row of eggs, then a row of gherkins, and the same of ham, alternately, till the forcemeat is covered;

then roll the veal up, keeping as much as possible the various articles in their places. Have a long trussing-needle with a piece of small twine, to sew up the end; have a large kitchen napkin laid on the table, spread a little butter over it, lay the roll in it, and turn it round in the napkin; have a piece of tape, an inch broad, and four yards long, tie it round the veal, and pin it at both ends. Put it in a pot that will just hold it, and put all the bones and trimmings with it; cover with cold water, and simmer slowly,—if a large loin of sixteen pounds, two hours and a half to three hours. When done, take it out of the pot, lay it in a dish, put a board on the top of it, and press with a weight of eight or ten pounds. Next morning strip off the cloth, have a pan of glaze ready, and glaze it all over with a brush. The galentine may be dished in a variety of ways; it may be cut in two, lengthways—one half kept whole, the other cut in thin slices, and dished in crown, or circle, or laid flat. If kept full size, have some very strong aspic, or savoury jelly, half an inch thick; cut in bars an inch broad, lay them an inch apart, then chop a little of the jelly very fine, and lay between the bars; cut some small leaves from the whites of hard eggs, the same from gherkins and beet-root, and form a wreath on the bars; lay some diamonds of jelly round the edge of the dish, and lay the roll in the middle, with chopt jelly all round. This is a most magnificent dish, and used as the principal one for a supper-table.

MINCED VEAL.

Cut cold veal as fine as possible, but do not chop it; put to it a very little lemon peel shred, two grates of nutmeg, some salt, and four or five spoonfuls of either a little weak broth, milk, or water; simmer these gently with the meat, but take care not to let it boil; and add a bit of butter rubbed in flour. Put sippets of thin toasted bread, cut into a three-cornered shape, round the dish.

TO POT VEAL.

Cold fillet makes the finest potted veal; or you may do it as follows:—

Season a large slice of the fillet before it is dressed, with some mace, pepper-corns, and two or three cloves; lay it close into a potting-pan that will but just hold it, fill it up with water, and bake it three hours; then pound it quite small in a mortar, and add salt to taste; put a little gravy that was baked to it in pounding, if to be eaten soon; otherwise only a little butter just melted. When done, cover it over with butter.

CUTLETS MAINTENON.

Cut slices about three quarters of an inch thick, beat them with a rolling-pin, and wet them on both sides with egg; dip them into a seasoning of bread crumbs, parsley, thyme, knotted marjoram, pepper, salt, and a *little nutmeg* grated; then put them into

papers folded over, and broil them; and have in a boat melted butter, with a little mushroom ketchup.

CUTLETS MAINTENON.

Another Way.

Prepare as above, and fry them; lay them into a dish, and keep them hot; dredge a little flour, and put a piece of butter into the pan; brown it, then pour a little boiling water into it, and boil quick. Season with pepper, salt, and ketchup, and pour over them.

VEAL COLLOPS.

Cut long thin collops; beat them well, and lay on them a bit of thin bacon of the same size, and spread forcemeat on that, high seasoned, and also a little garlic and Cayenne. Roll them up tight, about the size of two fingers, but not more than two or three inches long; put a very small skewer to fasten each firmly; rub egg over; fry of a fine brown and pour a rich brown gravy over them.

TO DRESS COLLOPS QUICK.

Cut them as thin as paper with a very sharp knife, and in small bits. Throw the skin and any odd bits of the veal into a little water, with a dust of pepper and salt; set them on the fire while you beat the collops; and dip them into a seasoning of herbs, bread, pepper, salt, and a scrape of nutmeg, but first wet them in egg. Then put a bit of butter into a *frying-pan,* and give the collops a very quick fry;

for as they are so thin, two minutes will do them on both sides; put them into a hot dish before the fire; then strain and thicken the gravy, give it a boil in the frying-pan, and pour it over the collops. A little ketchup is an improvement.

VEAL OLIVES.

Cut long thin collops; beat them; lay on them thin slices of fat bacon, and over these a layer of forcemeat seasoned high, with some shred shalot and Cayenne. Roll them tight, about the size of two fingers, but not more than two or three inches long; fasten them round with a small skewer, rub egg over them, and fry them of a light brown.

Serve with brown gravy, in which boil some mushrooms, pickled or fresh. Garnish with balls fried.

TO COLLAR CALF'S HEAD.

Scald the skin off a fine head, clean it nicely, and take out the brains. Boil it tender enough to remove the bones; then have ready a good quantity of chopped parsley, mace, nutmeg, salt, and white pepper, mixed well; season it high with these; lay the parsley in a thick layer, then a quantity of thick slices of fine ham, or a beautiful-coloured tongue skinned, and then the yolks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it up as tight as you can. Boil it, and then lay a weight on it. A cloth must be put under the tape, *as for other* collars.

STEWED LOIN OF VEAL.

Take part of a loin of veal, the chump-end will do; put into a large, thick, well-tinned iron saucepan, or into a stewpan, about a couple of ounces of butter, and shake it over a moderate fire, until it begins to brown; flour the veal well all over, lay it into the saucepan, and when it is of a fine, equal light brown, pour gradually in veal broth, gravy, or boiling water, to nearly half its depth; add a little salt, one or two sliced carrots, a small onion, or more when the flavour is much liked, and a bunch of parsley; stew the veal very softly for an hour or rather more; then turn it, and let it stew for nearly or quite another hour, or longer should it not appear perfectly done. As none of our receipts have been tried with large, coarse veal, the cooking must be regulated by that circumstance, and longer time allowed should the meat be of more than middling size. Dish the joint; skim all the fat from the gravy, and strain it over the meat; or keep the joint hot while it is rapidly reduced to a richer consistency. This is merely a plain family stew.

FRICANDEAU OF VEAL.

To make the fricandeau of veal well, the proper cut must be got from a fillet of veal. Open the fillet without cutting through the flesh; the natural division will indicate the part which is required—the thick fillet, or cushion-piece. With a sharp knife pare off the skin, and flatten with the cutlet-bat;

have a piece of firm fat bacon, about an inch and a half square, cut down to the rind in thin slices, without cutting through entirely; then draw the knife from the heel to the point, cutting horizontally, in pieces to fit the larding-needle, each being an inch and a half long. When the veal is larded, lay a slice or two of fat bacon on the bottom of a stewpan that will just hold the veal, put it in, and lay a few pieces of carrot, an onion or two, a few sprigs of parsley, a blade of mace, and a few leaves of basil; moisten with broth or water, taking care not to touch the larding; simmer very slowly about two and a half hours, basting it frequently; an oven is the best for doing it regularly. When ready, take up, and serve with sorrel sauce. The liquor in which the fricandeau was braised will make an excellent sauce.

GRENADINS OF VEAL

Are just small fricandeaus of veal, being made from small slices of fillet, cut in the same way, and larded; about eight to a dish: reduce their liquor, and glaze them with it; serve with sorrel, piquant, tomato, or any other sauce.

SWEETBREADS.

Take three or four heart sweetbreads; throw them into a basin of tepid water for two hours; the water may be changed; when quite white, blanch them in boiling water two minutes, and pare away any sinew that may be about them; then stew them in a little

broth, with some vegetables, about half an nour. When tender, they may be glazed or not, and serve with a white sauce; if glazed, pour the sauce round them.

SWEETBREADS.

Another Way.

Prepare as above; then dip the sweetbreads in a beat up egg, and throw them into crumbs; have a pan of hot dripping, in which fry them of a fine yellow colour. Serve on toasted bread, with melted butter, or any other that may be approved.

SCOLLOPS OF SWEETBREAD.

Prepare as before. Cut into scollops as large as possible; melt a little butter in a frying-pan, put in the scollops, and fry them; then drain off the butter, put a little glaze in the pan, stir the sweetbreads in the glaze, and serve with green peas in the centre.

VEAL CUTLETS.

Cut six chops from a neck of veal, trim them, and lay them in the bottom of a stewpan, with all the trimmings, a few pieces of carrot, two or three onions, a bunch of parsley, and a blade of mace; moisten with a pint of water or stock, and stew very gently for three quarters of an hour; take up the cutlets, lay them between two dishes, and put a weight on to press them flat. While they are cooling, make a *sauce with* the liquor left in the pan, thus—chop a

large onion very small, pour three spoonfuls of vinegar into a small stewpan, add the onion, and boil down to one half; then add a small piece of roux, or a small piece of butter rolled in flour, pour in the liquor from the cutlets, boil a few minutes, and take off the grease; chop four small gherkins and add to the sauce; then season with a little Cayenne pepper, a little salt, and a small lump of sugar. Take the cutlets, pare them neatly, egg and bread crumb them, and fry with a little butter—being thicker than mutton cutlets, they will take a little longer; drain on a napkin to absorb the grease; dish, and serve.

VEAL CUTLETS.

Another Way.

Prepare six chops as before, from the neck; trim them, dip them in egg, and bread crumb them as before; serve with the same sauce, or a sharp white sauce.

VEAL CUTLETS.

Another way.

Cutlets should be cut from the fillet, but chops are taken from the loin. Some persons have deprecated the practice of beating meat, but it is essentially necessary in veal cutlets, which otherwise, especially if merely fried, are very indigestible. They should be cut about a quarter or half an inch in thickness, and well beaten; they will then, when fried, taste like sweetbreads, be quite as tender, and nearly as rich.

Egg them over, dip them in bread crumbs and savoury herbs; fry, and serve with mushroom sauce and fried bacon.

CALF'S CHEEK.

Stew half a calf's cheek in a little stock, or water, till tender, and put in press between two dishes; when cold, cut it into neat square pieces; have a nice white sauce prepared, put the pieces into it, and when warmed through, dish them in a circle, one against another, sauce in the middle, and serve.

CROQUETTES OF VEAL.

Take three quarters of a pound of fillet of veal, and cut it in very small dice, with a quarter of a pound of lean ham, also cut fine; mince a little parsley and an onion, and add to the veal; put an ounce of butter in the bottom of a small stewpan, lay the veal and ham in it, cover up close, and allow to sweat on the fire for a few minutes, stirring occasionally; when done enough, take it off the fire. Put an ounce of butter in a small stewpan, with an ounce of flour; moisten with two or three spoonfuls of stock, and add a small piece of glaze, if at hand; stir in two or three beat yolks of eggs, and a little pepper and salt; add the meat, mix all together, and empty out on a dish to cool. When cool, form into small pyramids, glaze with yolks of eggs, cover with bread crumbs, and fry in a pan of hot dripping; dish with fried parsley, and serve.

RISSOLES

Are made with the same preparation. Roll out a piece of puff-paste, not too light, into a sheet; cut out with a plain cutter, four inches in diameter, and place a little of the meat in the centre; fold over the paste, and press it all round; glaze with egg, throw into hot dripping, and fry them of a fine yellow colour; serve with green fried parsley.

Croquettes and rissoles may be made of any kind of meat which has been left from a previous dinner.

CALF'S LIVER.

Take a nice calf's liver, very white; immerse it in a basin of tepid water, that all the blood may be absorbed; lay on a cloth, dry it, cut into slices, and dredge with flour; melt a little butter in a frying-pan, and when hot, place the pieces of liver, which have been neatly trimmed, all round the pan, and fry, turning them two or three times; take out the liver, mince an onion and a little parsley, and throw into the pan; fry a little, add a little flour, and stir well till of a good colour; moisten with a little broth, a teaspoonful of mushroom ketchup, the juice of a lemon, a little sugar, Cayenne, and salt. Dish the liver, pour the sauce over, and serve.

CURRY OF VEAL.

Take off a few slices from a fillet of veal, beat them with the cutlet-bat, and trim them neatly—one pound will be enough. Melt an ounce of butter; when hot,

arrange the veal in the frying-pan, and fry till nearly done; take up the veal, add an ounce more butter, shred four onions into rings, as thin as it is possible to cut them, and fry till soft and of a good colour, without burning; then add a spoonful of flour, and a good teaspoonful of curry powder, give it a few turns on the fire, and moisten with either water or a little plain broth—one pint will be sufficient; strain the same, add the veal to it, and simmer in a stewpan for a few minutes; take off the grease, add a little salt, a small piece of sugar, and serve.

MUTTON.

TO CHOOSE MUTTON.

The best mutton is small-boned, plump, finely grained, and short-legged; the lean of a dark, rather than of a bright hue, and the fat white and clear—when this is yellow, the meat is rank, and of bad quality. Mutton is not considered by experienced judges to be in perfection until it is nearly or quite five years old; but to avoid the additional expense of feeding the animal so long, it is commonly brought into the market at three years old. The leg and the loin are the superior joints; and the preference would probably be given more frequently to the latter, but for

the superabundance of its fat, which renders it a not very economical dish. The haunch consists of the leg and the part of the loin adjoining it; the saddle, of the two loins together, or the undivided *back* of the sheep. These last are always roasted; and are served usually at good tables, or for company dinners, instead of the smaller joints. The shoulder, dressed in the ordinary way, is not very highly esteemed, but when boned, rolled, and filled with forcemeat, it is of more presentable appearance, and to many tastes, far better eating; though some persons prefer it in its natural form, accompanied by stewed onions. It is occasionally boiled or stewed, and covered with rich onion sauce. The neck is sometimes roasted, but it is more generally boiled; the scrag, or that part of it which joins the head, is seldom used for any other purpose than making broth, and should be taken off before the joint is dressed. Cutlets from the thick end of the loin are commonly preferred to any others, but they are frequently taken likewise from the best end of the neck (sometimes called the *back-ribs*) and from the middle of the leg. Mutton kidneys are dressed in various ways, and are excellent in many. The trotters and the head of a sheep may be converted into very good dishes, but they are scarcely worth the trouble that is required to render them palatable. The loin and the leg are occasionally cured and smoked like hams or bacon.

The leg spoils sooner than any other joint of mutton; to prevent which, take out the kernel from the

fat, and fill up its place with salt. The neck will keep well, if the pipe be cut out from along the chine-bone. Take out the kernel from the shoulder. Cut the skirt out of the breast. *Lamb* should be managed as mutton. Veal and lamb, it may here be observed, spoil sooner than other meat.

HAUNCH OF MUTTON ROASTED.

It will require to be kept for some time, and must therefore be well washed with vinegar, wiped every day, and, if necessary, rubbed with pounded pepper and ginger.

Cut off the knuckle rather close to the joint of the leg; nick the cramp-bone, and that will allow the cushion or thick part of the leg to draw up and be more plump; trim off the thick skin at the flank, and round off the corner of the fat, so as to make the joint appear neat. Cover the fat with oiled paper, which should be taken off a quarter of an hour before you think it will be done; then dredge the meat very lightly with flour, and sprinkle it freely with salt; serve it up with currant jelly, and a sauce of port wine, spice, and gravy; a piece of fringed paper being tied neatly round the shank-bone. To roast a haunch of fourteen or sixteen pounds will take from three hours to three hours and a half; or even a little more if the weather be very cold, or if required to be "very well done."

TO ROAST A SADDLE OF MUTTON.

A saddle, *i. e.* the two loins, being broad, requires a high and strong fire; and, if weighing eleven or twelve pounds, two hours and a half roasting. The skin should be taken off, and loosely skewered on again; or, if this be not done, the fat should be covered with paper, tied on with buttered string. Twenty minutes before the joint is done, take off the skin or paper, baste, flour, and froth it. Serve with gravy and jelly, as haunch of mutton.

A saddle of mutton is an elegant joint, when well trimmed by cutting off the flaps, tail, and chump-end, which will reduce a saddle of eleven pounds to seven pounds' weight.

TO ROAST A LOIN OF MUTTON.

The flesh of the loin of mutton is superior to that of the leg, when roasted; but to the frugal housekeeper this consideration is usually overbalanced by the great weight of fat attached to it; this, however, when economy is more considered than appearance, may be pared off and melted down for various kitchen uses, or finely chopped, and substituted for suet in making hot pie or pudding crust. When thus reduced in size, the mutton will be soon roasted. If it is to be dressed in the usual way, the butcher should be desired to take off the skin; care should be taken to preserve the fat from being ever so slightly burned; it should be managed, indeed, in the same manner as the saddle, *in every respect*, and carved also in the

same way, that is to say, the meat should be cut out in slices the whole length of the backbone, and close to it.

Without the fat, one hour to one hour and a half; with, one hour and a quarter to one hour and three quarters.

TO ROAST A SHOULDER OF MUTTON.

Flour it well, and baste it constantly with its own dripping; do not place it close enough to the fire for the fat to be in the slightest degree burned, or even too deeply browned. An hour and a half will roast it, if it be of moderate size. Stewed onions are often sent to table with it. A shoulder of mutton is sometimes boiled, and smothered with onion sauce.

SUPERIOR RECEIPT FOR ROAST LEG OF MUTTON.

Cover the joint well with cold water, bring it gradually to boil, and let it simmer gently for half an hour; then lift it out, put it immediately on to the spit, and roast it from one hour and a quarter to one hour and a half, according to its weight. This mode of dressing the joint renders it remarkably juicy and tender; but there must be no delay in putting it on the spit after it is lifted from the water; it may be garnished with roast tomatoes.

LEG OF MUTTON BRAISED.

Take a very small leg of mutton, cut off the *knuckle,* and trim it nicely; half roast it; then put

it into a stewpan with the knuckle-bone broken, the trimmings, a few slices of fat bacon or two ounces of butter, an onion stuck with cloves, and a bundle of sweet herbs. Shake the stewpan over the fire until there is gravy enough from the meat and the trimmings to stew the mutton, and take care to turn it in the braise. When very tender, take it up, remove the fat from the gravy, strain it, and boil it quickly until it is reduced to a glaze; pour it over the mutton, and serve it up with a purée of vegetables beneath.

LEG OF MUTTON BOILED.

Let the joint be kept until it is tender, but not so long as for roasting, as mutton for boiling will not look of a good colour if it has hung long.

To prepare a leg of mutton for boiling, trim it as for roasting; soak it for a couple of hours in cold water; then put only water enough to cover it, and let it boil gently for three hours if of the largest size, and, if smaller, according to its weight. Some cooks boil it in a cloth; but if the water be afterwards wanted for soup, that should not be done, as it would be no longer fit for that purpose: some salt and an onion put into it is far better. When nearly ready, take it from the fire, and, keeping the pot well covered, let it remain in the steam for ten or fifteen minutes. It is sent to table with caper sauce and mashed turnips.

NECK OF MUTTON.

A neck of mutton, as many dishes may be made of it. The best end of the neck may be boiled for an hour and a half, and served with turnips; or roasted, dressed as cutlets: in pipe: à-la-Turc; or as haricot.

The scrag may be stewed into broth: or with a small quantity of water, some small onions, a few pepper-corns, and a little rice, and served together.

When a neck is to be boiled to look particularly nice, saw down the chine-bone, strip the ribs half-way down, chop off the ends of the bones about four inches, and turn the flap under. The skin should not be taken off till boiled, and then the fat will remain white. The neck is very commonly divided, the "scrag" being boiled for broth, and the remaining part either roasted or cut into chops; but, if boiled together, the scrag will require rather more stewing than the other part to make it tender. If only slightly salted for two or three days, the fat will be so much improved as to become firm and appear clarified; and the mode which we recommend for dressing the joint is thus:—

Boil the neck very gently until it is nearly done enough; then, twenty minutes or half an hour before serving, cover it thickly with bread crumbs and sweet herbs chopped, with a little drawn butter or the yolk of an egg, and put it into a dutch oven before the fire. By this process the meat will taste much better than if merely roasted or boiled; the

dryness attendant upon roasting will be removed, and the disagreeable greasiness which boiled meat—mutton especially—exhibits, will utterly disappear. Too much cannot be said in favour of this method of dressing the neck and breast of mutton, for the liquor they have been boiled in, if stewed with peas, will make a very good soup.

MUTTON CUTLETS.

Cut the best end of a neck of mutton into cutlets half an inch thick, and chop each bone short; flatten and trim them, scraping the end of the bone quite clean; brush them with egg, and cover them with crumbs, herbs, and seasoning, and fry them in hot fat; serve them with tomato or any other piquant sauce.

TO DRESS COTELETTES DE MOUTON A LA POLONAISE.

Remove all the fat, put the meat into a covered stewpan, with a carrot and a turnip sliced, two onions, a bundle of sweet herbs, a little pepper and salt, and enough broth to moisten the whole; let it stew very gently until the meat is perfectly done, then take it out, strain the gravy, put it over a brisk fire, and reduce it to a glaze; then cover the cutlets with the glaze, and serve them up with tomato sauce or a vegetable purée of any kind.

MUTTON CUTLETS, BREAD-CRUMBED.

Take a *neck of* mutton, saw off the chine-bone,

and about three inches of the ribs. Cut ten cutlets, beat them flat with the chopper dipped in water; trim them neatly, leaving the points of the ribs free from fat. Break an egg into a dish, beat it, season the cutlets with a little pepper and salt, and dip in egg, or wet them with a brush: lay among the crumbs. Melt a little butter, when hot lay in the cutlets, and fry of a nice yellow colour, turning on both sides; serve with any sauce.

MUTTON CUTLETS, PLAIN.

Prepare the cutlets as before, without crumbs, season with salt and pepper, lay them in the pan, and fry them a light brown colour, pour off the grease, add a few spoonfuls of brown sauce, simmer for a minute or two, and serve.

TO BROIL MUTTON CUTLETS.

(Entrée.)

These may be taken from the loin, or the best end of the neck, but the former are generally preferred. Trim off a portion of the fat, or the whole of it, unless it be liked; pepper the cutlets, heat the gridiron, rub it with a bit of the mutton suet, broil them over a brisk fire, and turn them often until they are done: this, for the generality of eaters, will be in about eight minutes if they are not more than half an inch thick, which they should not be. French cooks season them with pepper and salt, and give them a light *coating of* dissolved butter or of oil, before they are

laid to the fire, and we have found the cutlets so managed extremely good.

Lightly broiled, seven or eight minutes. Well done, ten minutes.

Observe.—A cold Mâitre d'Hotel sauce may be laid under the cutlets when they are dished; or they may be served quite dry, or with brown gravy; or when none is at hand, with good melted butter seasoned with mushroom ketchup, Cayenne, and Chili vinegar, or lemon juice.

TO DRESS HAUNCH OF MUTTON.

Keep it as long as it can be preserved sweet by the different modes: let it be washed with warm milk and water, or vinegar, if necessary; but when to be dressed, observe to wash it well, lest the outside should have a bad flavour from keeping. Put a paste of coarse flour on strong paper, and fold the haunch in: set it at a great distance from the fire, and allow proportionable time for the paste; do not take it off till about thirty-five or forty minutes before serving, and then baste it continually. Bring the haunch nearer to the fire before you take off the paste, and froth it up as you would venison.

A gravy must be made of a pound and a half of loin of old mutton, simmered in a pint of water to half, and no seasoning but salt: brown it with a little burnt sugar and send it up in the dish; but there should be a good deal of gravy in the meat; for *though long at the* fire, the distance and covering

will prevent its roasting out. Serve with currant jelly sauce.

HARRICO.

Take off some of the fat, and cut the middle or best end of the neck into rather thin steaks; flour and fry them in their own fat of a fine light brown, but not enough for eating. Then put them into a dish while you fry the carrots, turnips, and onions; the carrots and turnips in dice, the onions sliced: but they must only be warmed, not browned, or you need not fry them. Then lay the steaks at the bottom of a stewpan, the vegetables over them, and pour as much boiling water as will just cover them; give one boil, skim well, and then set the pan on the side of the fire to simmer gently till tender. In three or four hours skim them; and add pepper, salt, and a spoonful of ketchup.

LAMB.

LAMB TO CHOOSE.

LAMB is a delicate and tender meat; but it requires to be kept a few days, when the weather will permit, and should be thoroughly cooked to be healthful. Never take lamb or veal from the spit till the gravy *that drops is* white.

The fore-quarter of lamb consists of the shoulder, the neck, and the breast together; the hind-quarter is the leg and loin. There are also the head and pluck, the fry, sweetbreads, skirts, and liver.

In choosing the fore-quarter, the vein in the neck should be ruddy, or of a bluish colour. In the hind-quarter, the knuckle should feel stiff, the kidney small, and perfectly fresh. To keep it the joints should be carefully wiped every day, and in warm weather, sprinkled with a little salt.

The fore-quarter is the prime joint, and if weighing ten pounds, will require about two hours roasting. In serving, remove the shoulder from the ribs, put between them a lump of butter, sprinkle with pepper and salt, lemon or Seville orange juice; and when the butter is melted, take off the shoulder, and put it into another dish. A hind-quarter, of eight pounds will require from one hour and three-quarters to two hours roasting.

A leg of lamb, of six pounds, will require an hour and a half roasting.

A shoulder of lamb, an hour.

Ribs, from an hour to an hour and a quarter.

Loin, of four pounds, an hour.

Neck, of three pounds, three quarters of an hour.

Breast, three-quarters of an hour.

The gravy for lamb is made as for beef and mutton; it is served with mint sauce; and a joint, to be eaten cold, should be sprinkled with chopped parsley when taken up.

TO ROAST LAMB.

The hind-quarter of lamb usually weighs from seven to ten pounds: this size will take about two hours to roast it. Have a brisk fire.

It must be very frequently basted while roasting, and sprinkled with a little salt, and dredged all over with flour, about half an hour before it is done.

FORE-QUARTER OF LAMB.

A fore-quarter of lamb is cooked the same way, but takes rather less time, if the same weight, than the hind-quarter; because it is a thinner joint: one of nine pounds ought to be allowed two hours.

LEG OF LAMB.

A leg of lamb of four pounds' weight will take about an hour and a quarter; if five pounds, nearly an hour and a half; a shoulder of four pounds, will be roasted in an hour, or a very few minutes over.

RIBS OF LAMB.

Ribs of lamb are thin, and require great care to do gently at first, and brisker as it is finishing; sprinkle it with a little salt, and dredge it slightly with flour about twenty minutes before it is done. It will take an hour, or longer, according to thickness. Gravy for this and other joints of roast lamb *is made as* directed elsewhere.

LOIN, NECK, AND BREAST OF LAMB.

A loin of lamb will be roasted in about an hour and a quarter; a neck in an hour; and a breast in three quarters of an hour. Do not forget to salt and flour these joints about twenty minutes before they are done.

GARNISH AND VEGETABLES FOR ROAST LAMB.

All joints of roast lamb may be garnished with double parsley, and served up with either asparagus and new patatoes, spring spinach and new potatoes, green peas and new potatoes, or with cauliflowers or French beans and potatoes: and never forget to send up mint sauce.

Observe.—The following will be found an excellent receipt for mint sauce: With three heaped tablespoonfuls of finely-chopped young mint, mix two of pounded and sifted sugar, and six of the best vinegar; stir it until the sugar is dissolved.

TO BONE A QUARTER OF LAMB.

Take the fore-quarter, remove the shoulder, and take out the bone; stuff it with fine forcemeat, and skewer it in a handsome shape. Braise it with two ounces of butter, add a teacupful of water, stirring the braise until the gravy is drawn. Then cut the brisket into pieces, and stew them in white gravy; thicken it with cream and eggs so that it shall be very white; cut the long bones into chops and fry them; thicken the gravy of the braise, add to it

haricots, minced truffles, or anything else, of vegetable in season. Place the shoulder in the centre of a dish with its own sauce, lay the brisket covered with white sauce round it, and place the fried chops at the edge.

A LOIN OF LAMB.

Cut a loin of lamb into steaks, pare off the skin and part of the fat, fry it in butter a pale brown, pour away the fat, and put in boiling water enough to cover the meat, a little pepper and salt, a little nutmeg, half a pint of green peas, cover it down, and let it stew gently for half an hour.

TO STEW A BREAST OF LAMB.

Cut it into pieces, season them with pepper and salt, and stew them in weak gravy: when tender, thicken the sauce, and add a glass of white wine. Cucumbers, sliced and stewed in gravy, may be served with the lamb, the same being poured over it. Or, the lamb may be served in a dish of stewed mushrooms.

TO BOIL A LEG OF LAMB.

This is considered a delicate joint in the very first families. It should be put into a pot with cold water just enough to cover it, and very carefully skimmed so long as the least appearance of scum rises.

This joint should not be suffered to boil fast, for *on its being* gently boiled depends all its goodness,

and the delicate white appearance it should have when served up.

A leg of four or five pounds weight, will take about one hour and a half, reckoning from the time it comes to a boil.

A boiled leg of lamb may be served up with either green peas, or cauliflower, or young French beans, asparagus, or spinach, and potatoes, which for lamb should always be of a small size.

Parsley and butter for the joint, and plain melted butter for the vegetables, are the proper sauces for boiled lamb.

LAMB CHOPS.

Take a loin of lamb, cut chops from it half an inch thick, retaining the kidney in its place; dip them into egg and bread crumbs, fry and serve with fried parsley.

BLANQUETTE D'AGNEAU. WHITE FRICASSEE OF LAMB.

Cut the best part of the breast of small lamb into square pieces of two inches each: wash, dry, and flour them. Having boiled four ounce of butter, one of fat bacon, and some parsley, ten minutes, put the meat to it: add the juice of half a lemon, an onion cut small, pepper and salt. Simmer it two hours; then add the yolks of two eggs, shake the pan over the fire two minutes, and serve.

LAMB'S SWEETBREADS.

Blanch them, and put them into cold water. Then put them into a stewpan, with a ladleful of broth, some pepper and salt, a small bunch of button onions, and a blade of mace: stir in a bit of butter and flour, and stew half an hour. Have ready the yolks of two or three eggs well beaten in cream, with a little minced parsley and a few grates of nutmeg. Put in some boiled asparagus-tops to the other things. Do not let it boil after the cream is in; but make it hot, and stir it well all the time. Take great care it does not curdle. French beans or peas may be added, but they should be very young.

LAMBS' FRY.

This is the sweetbreads, skirts, and a portion of the liver. Flour, and season it, and fry plain; or, dip the fry in egg, and strew crumbs over it before frying; serve fried parsley with it, and either of the sauces directed for cutlets. Pork and venison fries are similarly dressed.

A DISH OF LAMB.

Take the best end of a neck of lamb, cut it into steaks, and chop each bone so short as to make the steaks almost round. Egg, and strew with crumbs, herbs, and seasoning; fry them of the finest brown; mash some potatoes with a little butter and cream, *and put them* into the middle of the dish raised high.

Then place the edge of one steak on another with the small bone upward, all round the potatoes.

Pies of the different meats are directed under the general head of *Savoury Pies.*

VENISON.

TO CHOOSE VENISON.

The fat should be clear, bright, and thick; and if the cleft of the haunch be smooth and close, it is young; but if the cleft is close and tough, it is old. To judge of its sweetness, run a very sharp narrow knife into the shoulder or haunch, and you will know by the scent. Few people like it when it has much of the *haut-goût;* but it bears keeping better than any sort of meat, and if eaten fresh killed it is not so good as mutton. Observe the neck of a fore-quarter; if the vein be bluish, it is fresh; if it have a green or yellow cast, it is stale. In the hind-quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes be sunk, the head is not fresh. The haunch is the finest joint. The kernel in the fat, as in the leg of mutton, should be taken out; the part should then be wiped dry, and ground pepper and ginger rubbed on the inside, to keep the flies from it. The neck is the next best joint, and *merely* requires wiping dry with a clean

cloth. The shoulder and breast are mostly used in two or three days for pasties; but sometimes the shoulder is roasted as the haunch.

TO ROAST A HAUNCH OF VENISON.

Cut off the knuckle, trim the flap, and remove the thick skin on the flank; nick the joint at the crampbone. Split it, rub it over with butter, sprinkle well with salt, cover it with a sheet of very thin paper, then with a paste of flour and water, and again with paper; tie it up well with a stout string laced across it; baste it all the time it is roasting. Let it cook about four or five hours. A quarter of an hour before serving it, remove the paste, throw a handful of salt on it, dredge it with flour and baste with a little fresh buttter.

The gravy should be made as follows: cut two or three pounds of the scrag, or the lean of a loin of old mutton, brown it on a gridiron, and put it into a saucepan with a quart of water; cover it closely, and simmer for an hour; then uncover it, and stew the gravy to a pint; season *only* with salt, and colour brown, and strain.

Another, but much more expensive gravy, is made with a pint of port wine, a pint of strong mutton gravy, as above, and a tablespoonful of currant jelly; let these merely boil up. Or much less wine and more jelly may be used. Seasoned beef gravy is sometimes preferred to mutton gravy.

If the plain gravy only is chosen, cold currant

jelly should be served in a side dish, or boat. Vegetables—French beans and potatoes.

Venison should be served in a metal dish, with a lamp beneath it, else it will soon grow cold.

NECK AND SHOULDER OF VENISON.

Roast, as the haunch, but with the paste laid on thinner, from two to three hours; and serve as the haunch. A neck is best spitted by putting three skewers through it, and then passing the spit between the skewers and the bones; the top of the ribs should be cut out, and the flap doubled under, as in a neck of mutton for boiling.

Breast of venison may be dressed as above, or baked with mutton gravy, and, when cold, cut up and made into pasty.

Venison, like all wild meats, requires less cooking than tame.

TO STEW A SHOULDER OF VENISON.

Let the meat hang till you judge proper to dress it; then take out the bone, beat the meat with a rolling-pin, lay some slices of mutton-fat, that have lain a few hours in a little port wine, among it, sprinkle a little pepper and all-spice over it in fine powder, roll it up tight, and tie it. Set it in a stewpan that will only just hold it, with some mutton or beef gravy, not strong, half a pint of port wine, and some pepper and all-spice. Simmer it close covered, and as close as *you can, for three* or four hours. When quite

tender, take off the tape, set the meat on a dish, and strain the gravy over it. Serve with currant-jelly sauce.

This is the best way to dress the joint, unless it is very fat, and then it should be roasted. The bone should be stewed with it.

BREAST OF VENISON.

Do it as the shoulder, or make it into a small pasty.

HASHED VENISON

Should be warmed with its own gravy, or some without seasoning, as before; and only warmed through, not boiled. If there is no fat left, cut some slices of mutton fat, set it on the fire with a little port wine and sugar, simmer till dry; then put to the hash, and it will eat as well as the fat of the venison.

PORK.

TO CHOOSE PORK.

This meat is so proverbially, and we believe even *dangerously* unwholesome when ill fed, or in any degree diseased, that its quality should be closely examined before it is purchased. When not home-*fatted, it* should be bought, if possible, of some re-

spectable farmer, or miller, unless the butcher who supplies it can be perfectly relied on. Both the fat and lean should be very white, and the latter finely grained; the rind should be thin, smooth, and cool to the touch; if it be clammy, the pork is stale, and should be at once rejected; it ought also to be scrupulously avoided when the fat, instead of being quite clear of all blemish, is full of small kernels, which are indicative ot disease.

The manner of cutting up the pork varies in different counties, and also according to the purposes for which it is intended. The legs are either made into hams, or slightly salted for a few days and boiled; they are also sometimes roasted, when the pork is not large nor coarse, with a savoury forcemeat inserted between the skin and flesh of the knuckle.

The part of the shoulder called the hand, is also occasionally pickled in the same way as hams and bacon, or it may be salted and boiled, but it is too sinewy for roasting. After these and the head have been taken off, the remainder, without further division than being split down the back, may be converted into whole sides or *flitches*, as they are usually called, of bacon; but when the meat is large, and required in part for various other purposes, a chine may be taken out, and the fat pared off the bones of the ribs and loins for bacon; the thin part of the body converted into pickled pork, and the ribs and other bones *roasted*, or made into pies or sausages.

The feet, which are generally salted down for immediate use, are excellent if laid for two or three weeks into the same pickle as the hams, then well covered with cold water, and slowly boiled until tender.

The loins of young and delicate pork are roasted with the skin on; and this is scored in regular stripes of about a quarter of an inch wide, with the point of a sharp knife, before the joints are laid to the fire. The skin of the leg also is just cut through in the same manner. This is done to prevent its blistering, and to render it more easy to carve, as the skin (*or crackling*) becomes so crisp and hard in the cooking, that it is otherwise sometimes difficult to divide it.

To be at any time fit for table, pork must be perfectly sweet, and thoroughly cooked; great attention also should be given to it when it is in pickle, for if any part of it be long exposed to the air, without being turned into, or well and frequently basted with the brine, it will often become tainted during the process of curing it.

TO ROAST A LEG OF PORK.

Cut a slit near the knuckle, and fill the space with sage and onion, chopped fine, and seasoned with pepper and salt, with or without bread crumbs. Rub sweet oil on the skin, to prevent it blistering, and make the crackling crisp; and the outer rind may be scored with lines, about half an inch apart. If the leg weigh seven or eight pounds, it will require from two hours and a half to three hours' roasting before a strong

fire. Serve with apple sauce and potatoes; which are likewise eaten with all joints of roasted pork.

If the stuffing be liked mild, scald the onions before chopping them.

If pork is not stuffed, you may serve it up with sage and onion sauce, as well as apple sauce, which should always accompany roast pork, whether it is stuffed or not; and also with mustard.

Roast leg of pork must always be served up with plenty of nicely boiled potatoes.

TO ROAST A SPARE-RIB OF PORK.

A spare-rib of eight or nine pounds weight will require from two to three hours roasting; though the time depends more upon the thickness than the weight: if it be very thin, it will be done in half the above time. On putting it down, baste it with a little butter; and, about twenty minutes before it is done, dry a few sage leaves, rub them to powder, mix salt and pepper with them, and sprinkle over the pork.

The *griskin* may be roasted as above: if of seven or eight pounds weight, it will require an hour and a half.

TO BROIL OR FRY PORK CUTLETS.

Cut them about half an inch thick from a delicate loin of pork, trim them into neat form, and take off part of the fat, or the whole of it when it is not liked; *dredge a little* pepper or Cayenne upon them,

and broil them over a clear and moderate fire from fifteen to eighteen minutes, sprinkle a little fine salt upon them just before they are dished. They may be dipped into egg and then into bread crumbs mixed with minced sage, then finished in the usual way. When fried, flour them well, and season them with salt and pepper first. Serve them with gravy made in the pan, or with sauce Robert.

TO BROIL OR FRY PORK CUTLETS.

Another way.

Cut the bone out of pork chops, and trim off part of the fat, fry them delicately, and drain them; then simmer them a few minutes in a stewpan with tomato sauce, made as follows:—Chop a shalot very fine; put it into a small stewpan, with a little vinegar, simmer, and add some tomato sauce, with brown gravy, to taste: dish the chops with the sauce in the middle, and round them. Or, the cutlets may be fried with bread crumbs, and served upon tomato sauce.

TO BOIL A LEG OF PORK.

Pickled pork takes more time to boil than other meat. If you buy your pork ready salted, ask how many days it has been in salt; if many, it will require to be soaked in water before you dress it. When you cook it, wash and scrape it as clean as possible; when delicately dressed, it is a favourite *dish with* almost everybody. Take care it does not

boil fast; if it does, the knuckle will break to pieces before the thick part of the meat is warm through; a leg of seven pounds takes three hours and a half very slow simmering. Skim your pot very carefully, and do not allow any scum to settle on the meat. The proper vegetables are parsnips, potatoes, turnips, or carrots. Some like cabbage; but it is a strong, rank vegetable, and does not agree with a delicate stomach. It should not be given to children.

TO SCALD A SUCKING-PIG.

The moment the pig is killed, put it into cold water for a few minutes; then rub it over with a little resin, beaten extremely small, and put it into a pail of scalding water half a minute; take it out, lay it on a table, and pull off the hair as quickly as possible: if any part does not come off, put it on again. When quite clean, wash it with warm water, and then in two or three cold waters, that no flavour of the resin may remain. Take off the feet at the first joint: make a slit down the belly and take out the entrails; put the liver, heart, and lights, to the feet. Wash the pig well in cold water, dry it thoroughly, and fold it in a wet cloth to keep it from the air.

TO MAKE STUFFING FOR A SUCKING-PIG.

Chop fine or crumble two dozen good-sized clean sage leaves, four ounces of stale crumb of bread grated, and one ounce of butter, broken into small

pieces; mix them well together with a teaspoonful of pepper, and half as much salt; put all into the belly of the pig, and sew it up.

TO MAKE STUFFING FOR A SUCKING-PIG.

Another way.

Chop fine or crumble two dozen good-sized clean sage leaves, and mix them with half a small salt-spoonful of Cayenne pepper, half a teaspoonful of pepper, and half a teaspoonful of salt; then cut four slices of crumb of bread and butter, about four inches long, two wide, and a quarter of an inch thick; roll the bread and butter in the herbs and seasoning, and put them into the pig, and sew it up.

TO BAKE A SUCKING-PIG.

A sucking-pig is one of the few things which is rather nicer baked than roasted. You must clean and stuff it, and prepare it exactly the same as for roasting, except that you must mix the yolk of a raw egg with the tablespoonful of salad-oil, and rub it well all over the pig; cover the ears with well buttered paper; allow two or three ounces of butter to baste it with. For a baked pig, you must make gravy, and sauce, and send it to table in everything the same as directed for roast pig.

It takes about two hours to bake.

TO CHOOSE HAM.

Stick a sharp knife under the bone, and also up

to the knuckle. If it comes out with a pleasant smell, the ham is good; but do not buy it if the knife has a bad scent. Hams short in the hock are best; nor should long-legged pigs be chosen for any purpose.

If the rind be thin, the fat firm and of a reddish tinge, the lean tender, of a good colour, and adhering to the bone, you may conclude it is good and not old. If there are yellow streaks in it, it is rusty.

All hams require soaking and scraping before they are dressed, to make them clean and tender. An old dry ham should be laid to steep in cold water about twenty-four hours; though half that time may be enough for a small ham, or one that is not very dry. When the ham has steeped long enough, take it out of the water, cut off all the ragged, rusty, or decayed parts, from the sides and under part, and make it perfectly clean all over, by a nice and careful scraping. Put it into a pot with enough cold water completely to cover it about two inches, but not more, and let it be heated slowly, so that it may be an hour and a half to two hours before it begins to boil. It must be well skimmed so long as any scum will rise, and then covered close down and kept simmering very gently till it is done. From four to five hours gently boiling will in general be enough for a ham that weighs fifteen or sixteen pounds, reckoning from the time it comes to a boil, but allowances must be made for the thickness or thinness of the ham, and for the time it has been

kept. If the ham is thin, you must allow rather less time.

When the ham is done, the skin should be carefully peeled off, without breaking, if possible, as it will serve to cover the ham, and keep it moist, when it is put by. As soon as you have pulled off the skin, coat the top of the ham over with brown raspings, by rasping over it a little of the crust from the bottom side of a loaf. Then trim and wipe the knuckle, and wrap round it a piece of writing paper, fringed, to hold it by in carving.

The dish may be garnished with either thin slices of turnips or carrots, or slices of lemon.

If the ham is not to be cut till it is cold, it should be allowed to boil gently half an hour longer than if it is intended to be cut while hot.

TO BAKE A HAM.

Unless when too salt, from not being sufficiently soaked, a ham (particularly a young and fresh one) eats much better baked than boiled, and remains longer good. The safer plan is to lay it into plenty of cold water over night. The following day soak it for an hour or more in warm water, wash it delicately clean, trim smoothly off all rusty parts, and lay it with the rind downwards into a coarse paste rolled to about an inch thick; moisten the edges, draw, pinch them together, and fold them over on the upper side of the ham, taking care to close them so *that no gravy* can escape. Send it to a well-heated,

but not a fierce oven. A very small ham will require three hours baking, and a large one five. The crust and the skin must be removed while it is hot. When part only of a ham is dressed, this mode is better far than boiling it.

PORK SAUSAGES.

Chop, first separately, and then together, one pound and a quarter of veal, perfectly free from fat; skin, and sinew, an equal weight of lean pork, and of the inside fat of the pig. Mix well, and strew over the meat an ounce and a quarter of salt, half an ounce of pepper, one nutmeg grated, and a large teaspoonful of pounded mace. Turn, and chop the sausages until they are equally seasoned throughout, and tolerably fine; press them into a clean pan, and keep them in a very cool place. Form them, when wanted for table, into cakes something less than an inch thick, flour and fry them for about ten minutes in a little butter.

Lean of veal and pork, of each, one pound four ounces; fat of pork, one pound four ounces; salt one ounce and a quarter; pepper, half an ounce; one nutmeg; and one large teaspoonful of mace. Fried, in cakes, ten minutes.

TO DRESS PIG'S FEET AND EARS.

Boil them, fresh or salted, three hours, or till tender, when take out the large bones; glaze them, and cover them with fried bread crumbs, and serve

upon tomato sauce; or, melted butter thinned with mustard and vinegar.

TO STEW PIGS' FEET.

Clean and split them, and boil them tender; then put them into a stewpan with a little gravy or water, a shred onion, sage leaves, salt, some whole black pepper, and all-spice; stew for half an hour; then strain the gravy, thicken it with butter and flour, add a tablespoonful of lemon pickle, or vinegar, and serve with the feet.

TO ROAST A LEG OF PORK.

Another way.

Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife, and fill the space with sage and onion chopped, and a little pepper and salt; when half done, score the skin in slices, but do not cut deeper than the outer rind.

Apple sauce and potatoes should be served to eat with it.

TO BOIL A LEG OF PORK.

Salt it eight or ten days; when it is to be dressed, weigh it; let it lie half an hour in cold water, to make it white; allow a quarter of an hour for every pound, and half an hour over, from the time it boils up; skim it as soon as it boils, and frequently after. Have water enough. Save some of it to make pease-Some broil it in a very nice cloth, floured;

which gives a very delicate look. It should be small, and of a fine grain.

Serve peas-pudding and turnips with it.

PORK STEAKS.

Cut them from a loin or neck, and of middling thickness; pepper and broil them, turning them often; when nearly done, put on salt, rub a bit of butter over, and serve the moment they are taken off the fire, a few at a time.

POULTRY.

TO CHOOSE POULTRY.

YOUNG, plump, well-fed, but not over-fatted, poultry is the best. The skin of fowls and turkeys should be clear, white, and finely grained, the breasts broad and full-fleshed, the legs smooth, the toes pliable and easily broken when bent back; the birds should also be heavy in proportion to their size. This applies equally to geese and ducks, of which the breasts likewise should be very plump, and the feet yellow and flexible: when these are red and hard, the bills of the same colour, and the skin full of hairs, and extremely coarse, the birds are old.

White-legged *fowls* and chickens should be chosen

for boiling, because their appearance is the most delicate when dressed; but the dark-legged ones often prove more juicy and of better flavour when roasted, and their colour then is immaterial.

Every precaution should be taken to prevent poultry from becoming ever so slightly tainted before it is cooked; but unless the weather be exceedingly sultry, it should not be quite freshly killed:* pigeons only are the better for being so, and are thought to lose their flavour by hanging even a day or two. Turkeys, as we have stated in our receipts for them, are very tough and poor eating if not sufficiently long kept. A goose also, in winter, should hang some days before it is dressed; and fowls, likewise, will be improved by it.

All kinds of poultry should be *thoroughly cooked*, though without being overdone, for nothing in general can more effectually destroy the appetite than the taste and appearance of their flesh when brought to table half roasted or boiled.

TRUSSING FOWLS.

Remove immediately the crops of fowls and pigeons, but do not draw and truss them till wanted for dressing, else they are apt to dry.

Having picked poultry, remove the crop and wind-

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* If, from accidental circumstances, it should become apparently unfit for table, it may be restored to an eatable state by the same means as fish; it should not, however, be purchased at any time when it exhibits a greenish tint on any part of the skin, as this indicates its being already *stale*.

pipe of all birds by opening the skin in front of the throat, and pulling each separately, first from the beak or bill, and then from the stomach. For drawing poultry, make a slit with a sharp knife, at which slip in the fingers, get fast hold of the gizzard, and draw it carefully forward, with the intestines; but, if the liver remains, again slip in the finger, and take out the heart, which will bring the liver with it. Be careful not to break the gall-bladder, else it will cause a bitterness which no washing can remove.

Having thus cleared the inside of a fowl, select such of the internal parts as are to be used. Remove the gall-bladder from the liver, slit the narrow side of the gizzard, and, turning it inside out, remove the hard bag, and trim round the gizzard; but do not cut the skin by which it is joined in the middle. The throat should be cut off about two joints from its commencement, leaving skin enough to turn over the back. Make a slit in the apron or skin of the belly, and tuck the rump through it.

Fowls for roasting are trussed as follows: Extend the legs on each side of the bird; only cut off the toes, and run a skewer through each foot, to keep them at a proper distance; in some cases, the feet should be scalded, and the outside scaly skin taken off. Make a small slit in the skinny part of each pinion; through one thrust the liver, and through the other the gizzard; turn the top of the pinion over the back, and run a skewer through the first joint of one wing *through* the body to the other wing. For

boiling, the under part of the thigh must be cut off, and the stump tucked into a slit made on each side of the belly.

Before dressing, singe off the hairs of the fowl with a piece of *white* paper, and dredge it lightly with flour. The head of a capon is sometimes twisted under the wing.

The French adopt the following method to make old poultry eat tender: Let the bird soak in cold water for twenty-four hours, with a handful or two of wood-ashes; pick off the feathers, and let it hang for another twenty-four hours; truss it, and let it boil for a quarter of an hour in a little veal-broth; take it out, lard and roast it; when nearly done, baste it with very hot butter. By observing these directions, you will impart to an old bird all the delicate flavour of a young chicken

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POELEE TO BOIL FOWLS IN.

Cut into large dice two pounds of lean veal, and two pounds of fat bacon, cured without saltpetre, two large carrots, and two onions; to these add half a pound of fresh butter; put the whole into a stewpan, and stir it with a wooden spoon over a gentle fire, until the veal is very white, and the bacon is partially melted; then pour to them three pints of clear boiling broth or water, throw in four cloves, a small bunch or two of thyme or parsley, a bay leaf, and a few corns of white pepper; boil these gently for an hour and a *half, then* strain the *poelée* through a fine sieve, and

set it by in a cool place. Use it instead of water for boiling the various kinds of poultry; it will answer for several in succession, and will remain good for many days. Some cooks order a *pound* of butter in addition to the bacon, and others substitute beef suet in part for this last

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TO ROAST A TURKEY

Prepare a stuffing of pork sausage meat, one beaten egg, and a few crumbs of bread; or, if sausages are to be served with the turkey, stuffing as for fillet of veal: in either, a little shred shalot is an improvement. Stuff the bird under the breast, dredge it with flour, and put it down to a clear brisk fire, at a moderate distance the first half-hour, but afterwards nearer; baste with butter; and when the turkey is plumped up, and the steam draws towards the fire, it will be nearly done; then dredge it lightly with flour, and baste it with a little more butter, first melted in the basting-ladle. Serve with gravy in the dish, and bread-sauce in a tureen. It may be garnished with sausages, or with fried forcemeat, if veal-stuffing be used. Sometimes the gizzard and liver are dipped into the yolk of an egg, sprinkled with salt and Cayenne, and then put under the pinions, before the bird is put to the fire. Chestnuts, stewed in gravy, are likewise eaten with turkey.

A very large turkey will require three hours roasting; one of eight or ten pounds, two hours; and a small *one*, an hour and a half.

Roasted chestnuts, grated or sliced, and green truffles, sliced, are excellent additions to the stuffing for turkeys.

TO "DEVIL" TURKEY.

Mix a little salt, black pepper, and Cayenne, and sprinkle the mixture over the gizzard, rump, and drumstick, of a dressed turkey; broil them, and serve very hot with this sauce: mix with some of the gravy out of the dish, a little made mustard, some butter and flour, a spoonful of lemon juice, and the same of soy: boil up the whole.

TO BONE A TURKEY OR FOWL.

Cut through the skin down the centre of the back, and raise the flesh carefully on either side with the point of a sharp knife, until the sockets of the wings and thighs are reached. With the point of the knife detach the joints, and, till a little practice has been gained, it will perhaps be better to bone these joints, by passing the knife carefully between the bone and flesh, and pulling out the bone, before proceeding further; but after they are once detached from it, the whole of the body may be easily separated from the flesh, and taken out entire; only the neck-bones and merry-thought will then remain to be removed, and they can be easily cut away. It is usual to leave the pinions unboned, in order to give more easily its natural form to the fowl when it is dressed. The *bird thus* prepared, may be restored to its original

form by filling the legs and wings with forcemeat, and the body with the livers of two or three fowls, if they can be procured, mixed with alternate layers of parboiled tongue, freed from the rind, fine sausage-meat, or veal forcemeat, or thin slices of the nicest bacon, or aught else of good flavour which will give a marbled appearance to the fowl when it is carved, and then be sewn up and trussed as usual; or the legs and wings may be drawn inside the body, and the bird being first flattened on a table, may be covered with sausage-meat, and the various other ingredients we have named, so placed that it shall be of equal thickness in every part; then tightly rolled, bound firmly together with a fillet of broad tape, wrapped in a thin pudding-cloth, closely tied at both ends, and dressed as follows: Put it into a braising-pan, stewpan, or thick iron saucepan, bright in the inside, and fitted as nearly as may be to its size; add all the chicken-bones, a bunch of sweet herbs, two carrots, two bay leaves, a large blade of mace, twenty-four white pepper-corns, and any trimmings or bones of undressed veal which may be at hand; cover the whole with good veal broth, add salt, if needed, and stew very softly from an hour and a quarter to an hour and a half; let it cool in the liquor in which it was stewed; and after it is lifted out, boil down the gravy to a jelly, and strain it; let it become cold, clear off the fat, and serve it cut into large dice, or roughed and laid round the fowl, which is to be served cold. If restored to its form, instead

of being rolled, it must be stewed gently for an hour, and may then be sent to table hot, covered with mushroom or any other good sauce that may be preferred; or it may be left until the following day, and served garnished with the jelly, which should be firm, and very clear and well-flavoured; the liquor in which the calf's foot has been boiled down, added to the broth, will give it the necessary degree of consistency. French cooks add three or four onions to these preparations of poultry (the last of which is called a *galantine*), but these our taste would lead us to reject.

Rolled, one hour and a quarter to one hour and a half; galantine, one hour.

Observe.—A couple of fowls, boned and rolled, make an excellent pie.

TO ROAST A GOOSE.

After it is picked, the plugs of the feathers pulled out, and the hairs carefully singed, let it be well washed and dried, and a seasoning put in of onion, sage, pepper, and salt. Fasten it tight at the neck and rump, and then roast. Put it first at a distance from the fire, and by degrees draw it nearer. A slip of paper should be skewered on the breast-bone. Baste it very well. When the breast is rising, take off the paper; and be careful to serve it before the breast falls, or it will be spoiled by coming flatted to table. Let a good gravy be sent in the dish.

Gravy and apple-sauce. Gooseberry-sauce for a *green goose.*

TO STEW A GOOSE.

Truss the goose as for boiling, cover it with bacon, and tie it up; cover the saucepan with bacon; put in a sprinkle of sweet herbs, a carrot cut in dice, and two bay leaves; lay in the goose and giblets; cover with bacon; moisten with as much stock as will cover the goose; let it boil; cover with buttered paper and a close cover, and set it on a hot hearth, with fire over it: give it an hour and a half. Serve it with onion or apple sauce.

Observe.—Both geese and ducks, if old, are better to be parboiled before they are roasted. Put them on in just sufficient water to boil them; keep the vessel close covered; let a tough goose simmer two hours, then dry and wipe it clean; stuff and roast, basting it at first with a little bacon fat or butter.

TO ROAST DUCKS.

Ducks may be roasted as soon as killed. Keep a clear bright fire. Let them be done of a light brown; but, if wild, they should not be much roasted, or the flavour will be spoiled. They take about an hour to roast, and should be well basted. The livers and gizzard are parboiled, chopped fine, and thrown into the gravy.

Canvas back ducks are roasted in half an hour; they should always be served with currant jelly. For tame ducks apple sauce is more appropriate.

A duckling will require proportionally more roasting.

TO STEW DUCKS.

Stuff and half roast a duck; then put into a stewpan, with a shred onion, some black pepper, and salt, a little mint, sage, winter savory, and marjoram, chopped small, and about a pint of beef gravy. Simmer about twenty minutes, and then skim it, and take out the herbs. Add a quart of green peas, lightly boiled, and simmer half an hour longer. Thicken with a little butter and flour, if requisite, and serve the duck and peas in one dish. A glass or two of port wine, or the juice of half a lemon with a little sugar, will much improve this dish.

Cabbage, boiled, well drained, shred, and fried in butter, may also be stewed with ducks, instead of the peas, as above.

TO STEW DUCKS.

Another way.

Half roast a duck; put it into a stewpan with a pint of beef gravy, a few leaves of sage and mint cut small, pepper and salt, and a small bit of onion shred as fine as possible. Simmer a quarter of an hour and skim clean: then add near a quart of green peas. Cover close, and simmer near half an hour longer. Put in a piece of butter and a little flour, and give it one boil; then serve in one dish.

TO STEW DUCKS.

Another way.

Truss and singe a young duck; put it in a small

stewpan, with a slice of fat bacon under it and another above it, add a pint of broth, and stew very gently three quarters of an hour. Cut four turnips into neat shapes, fry in butter till a good colour, mix a little flour, and moisten with the broth from the duck; season with salt, pepper, and a bunch of parsley; when the turnips are done take them out and put them in another stewpan; strain the sauce over them, add the duck, and boil a few minutes: add a small piece of sugar, and serve.

TO STEW CHICKENS IN HASTE.

Take fresh killed chickens, clean, cut them in pieces and scald them in hot water without giving them time to cool: fry them in butter with sweet herbs chopped, white pepper, and salt, then add some boiling water and flour; stew them until the sauce is reduced: strain and add to the sauce a tablespoonful of cream, the yolk of an egg beaten, squeeze a little lemon juice over the chickens, and serve them up. This dish will be useful when it is requisite to add to the dinner at a short notice; and if the chickens do not grow cool, they will be tender.

TO BRAISE CHICKENS.

Bone them and fill them with forcemeat; lay the bones, and any other poultry trimmings, into a stewpan, and the chickens on them; put to them a few onions, a faggot of herbs, three blades of mace, a pint of stock, and a *glass* or two of sherry; cover the

chickens with slices of bacon, and then white paper; cover the whole close, and put them on a slow stove for two hours; then take them up, strain the braise, and skim off the fat carefully: set it on to boil very quick to a glaze, and do the chickens over with it with a brush.

Serve with a brown fricassee of mushrooms. Before glazing, put the chicken into an oven for a few minutes, to give a little colour.

FRICASSEE OF CHICKENS.

Cut in pieces two chickens, and lay them in warm water to drain out the blood; then lay them in a clean cloth to dry; put them in a stewpan with milk and water; stew them till they are tender; take them out and strain the liquor; put them over the fire again with half a pint of the liquor, half a pint of cream or milk, the yolks of two eggs, half a nutmeg, a glass of white wine, and a piece of butter rolled in flour: stir all together in one way for fifteen or twenty minutes, till they are thoroughly cooked.

FRICASSEE OF CHICKENS.

Another way.

Take two small chickens, draw, and singe them well, cut up into neat pieces, wash them in tepid water, drain them, put two ounces of butter into a stewpan, with a few small onions, add the chickens, and fry them till firm; dredge a little flour over them,

and moisten with a little water; boil them very slowly for half an hour; take out the pieces, and reduce the sauce; beat four yolks of eggs, add a little cream and a little salt to them, then mix with the sauce, add the chickens, let it come to the boil, and no more; serve.

FRICASSEE OF CHICKENS.

Another Way.

Boil rather more than half, in a small quantity of water; let them cool—then cut up, and put to simmer in a little gravy made of the liquor they were boiled in, and a bit of veal or mutton, onion, mace, and lemon peel, some white pepper, and a bunch of sweet herbs; when quite tender, keep them hot while you thicken the sauce in the following manner: Strain it off, and put it back into the saucepan with a little salt, a scrape of nutmeg, and a bit of flour and butter; give it one boil; and when you are going to serve, beat up the yolk of an egg, add half a pint of cream, and stir them over the fire, but do not let it boil. It will be quite as good without the egg.

The gravy may be made (without any other meat) of the necks, feet, small wing-bones, gizzard, and livers; which are called the trimmings of the fowls.

CHICKEN CURRY.

Cut up a chicken into neat pieces, wash in a basin of water, blanch them a minute in boiling water, cool, and trim the pieces; shred four onions very thin; as many object to the flavour of onions, throw

them into boiling water for two minutes, strain them, put the whole into a stewpan with one pint of stock, and simmer till tender; take out the chicken and strain the liquor, put an ounce of butter in the pan, add as much flour as will make into a paste, stir a minute or two, add a teaspoonful of curry powder, moisten with the gravy of chicken, when quite smooth add the chicken; boil a few minutes, season with salt and a small lump of sugar: a glass of sherry is an improvement.

BOILED FOWLS.

White legged poultry should always be selected for boiling, as they are of better colour when dressed than any others. Truss them firmly and neatly, with the legs drawn into the bodies, and the wings twisted over the backs; let them be well covered with water, which should be hot, but not boiling, when they are put in. A full sized fowl will require about three quarters of an hour from the time of its beginning to simmer; but young chickens not more than from twenty to twenty-five minutes; they should be *very gently* boiled, and the scum should be removed with great care as it gathers on the surface of the water. Either of the following sauces may be sent to table with them: parsley and butter, béchamel, English white sauce, oyster, celery, or white mushroom sauce. The fowls are often dished with small tufts of delicately boiled cauliflower placed round them; or with young vegetable marrow, scarcely larger than an egg,

merely pared and halved after it is dressed; white sauce must be served with both of these. The livers and gizzards are not, at the present day, usually served in the wings of boiled fowls. When they are not so, the livers may be simmered for four or five minutes, then pressed to a smooth paste by a wooden spoon, and mixed very gradually with the sauce, which should not boil after they are added.

Full-sized fowl, three quarters of an hour; young chickens, twenty to twenty-five minutes.

BOILED FOWLS WITH OYSTERS.

Take a young fowl, fill the inside with oysters, put it into a jar, and plunge the jar in a kettle or saucepan of water. Boil it for one hour and a half. There will be a quantity of gravy from the juices of the fowl and the oysters in the jar; make it into a white sauce, with the addition of egg, cream, or a little flour and butter; add oysters to it, or serve it up plain with the fowl. The gravy that comes from a fowl dressed in this manner will be a stiff jelly the next day; the fowl will be very white and tender, and of an exceedingly fine flavour—advantages not attainable in ordinary boiling—while the dish loses nothing of its delicacy and simplicity.

TO BOIL FOWL WITH RICE.

Stew the fowl very slowly in some clear mutton-broth well skimmed, and seasoned with onion, mace, pepper, and salt. About half an hour before it is

ready, put in a quarter of a pint of rice well washed and soaked; simmer till tender, then strain it from the broth, and put the rice on a sieve before the fire; keep the fowl hot, lay it in the middle of the dish, and the rice round it without the broth; the broth will be very nice to eat as such, but the less liquor the fowl is done with the better; gravy, or parsley and butter, for sauce.

TO ROAST FOWLS OR CAPONS.

Fowls, capons, and chickens, are roasted and served as turkeys, with the addition of egg sauce; but they require proportionally less time at the fire, and are seldom stuffed. A full grown fowl will require about three quarters of an hour; a capon, an hour and a quarter; and a chicken, from thirty to forty minutes. A large fowl may be stuffed as a turkey.

TO BROIL A FOWL.

Split the fowl down the back; season it very well with pepper, and put it on the gridiron with the inner part next the fire, which must be very clear. Hold the gridiron at a considerable distance from the fire, and allow the fowl to remain until it is nearly half done; then turn it, taking great care that it does not burn. Broil it of a fine brown, and serve it up with stewed mushrooms, or a sauce with pickled mushrooms. A duck may be broiled in the same way. If the fowl is very large, half roast it, then cut it into four quarters, and finish it on the gridiron. It

will take from half an hour to three quarters of an hour to cook.

TO BRAISE A FOWL.

Half roast it, then divide it into joints and pieces proper to help at table, and put it into a stewpan, with one pint and a half of broth, or as much water, with any trimmings of meat you have, one large onion with cloves stuck in it, twelve berries of all-spice, the same of black pepper, and a roll of lemon peel; when it boils, skim it very clean; let it simmer very gently for about an hour and a quarter, if a duck or fowl—longer if a larger bird; then strain off the liquor, and leave the ducks by the fire to keep hot; skim the fat off; put into a clean stewpan two ounces of butter; when it is hot stir in as much flour as will make it of a stiff paste; add the liquor by degrees; let it boil up; put in a glass of port wine, and a little lemon juice, and simmer it ten minutes; put the ducks, &c., into the dish, and strain the sauce through a fine sieve over them.

Garnish with sippets of toasted or fried bread.

Observe.—If the poultry is only half roasted, and stewed only till just nicely tender, this will be an acceptable *bonne bouche* to those who are fond of made dishes. The flavour may be varied by adding ketchup, curry powder, or any of the flavoured vinegars.

This is an easily prepared side dish, especially when you have a large dinner to dress; and coming

to table ready carved saves a deal of time and trouble; it is therefore an excellent way of serving poultry, &c., for a large party.

A NICE WAY TO DRESS A FOWL FOR A SMALL DISH.

Bone, singe, and wash a young fowl; make a force-meat of four ounces of veal, two ounces of scraped lean of ham, two ounces of fat bacon, two hard yolks of eggs, a few sweet herbs chopped, two ounces of beef suet, a teaspoonful of lemon peel minced quite fine, an anchovy, salt, pepper, and a very little Cayenne; beat all in a mortar, with a teacupful of crumbs, and the yolks and whites of three eggs; stuff the inside of the fowl, and draw the legs and wings inwards, tie the neck and rump close; stew the fowl in a white gravy: when it is done through and tender, add a large cupful of cream, and a bit of butter and flour; give it one boil, and serve: the last thing, add the squeeze of a lemon.

RAGOUTS OF POULTRY, GAME, PIGEONS, RABBITS, &c.

Is to put meat into a stewpan, covered with fat bacon, then add six or eight onions, a faggot of herbs, carrots if to be brown, celery, any bones, or trimmings of meat or fowls, and some stock (which you will find among *Soups* and *Gravies*.) The bacon must be covered with a paper, and the lid of the pan must be put down close; set it on a slow stove, and according to what it is, it will require two or three hours; the meat is then to be taken out, and the gravy very

nicely skimmed, and set on to boil *very* quick till it is thick; the meat is to be kept hot, and, if larded, put into the oven for a few minutes; and then put the jelly over it, which is called glazing, and is used for ham, tongue, and many made dishes; white wine is added to some glazing; the glaze should be of a beautiful clear yellow brown, and it is best to put it on with a nice brush.

TURKEY, OR FOWL, IN JELLY.

Bone the bird, and fill it with forcemeat, in which are mushrooms; lard it with fat bacon, and tie it up; stew it in strong gravy, till a skewer may be passed through it easily: when cold, take off the fat, and serve with a savoury jelly round it.

PIGEONS.

TO STEW PIGEONS.

Wash and clean six pigeons, cut them into quarters, and put all their giblets with them into a stew-pan, a piece of butter, a little water, a bit of lemon peel, two blades of mace, some chopped parsley, salt, and pepper; cover the pan closely, and stew them till they are tender; thicken the sauce with the yolk of an egg beaten up with three tablespoonfuls of cream and a bit of butter dusted with flour; let them

stew ten minutes longer before serving. This is an excellent and economical way of cooking them.

TO STEW PIGEONS.

Another way.

Truss the legs of four young pigeons inside; put them in a stewpan with two ounces of butter, and fry till of a nice light colour; dredge a little flour on them, and give a few turns over the fire, till the rawness is taken from the flour; moisten with a pint of stock, or water; add a bunch of parsley, with a few small onions, and a little pepper and salt; simmer for half an hour, skimming well; add half a glass of sherry; take out the pigeons, reduce the sauce, strain over the pigeons, and serve.

TO STEW PIGEONS.

Another way.

Take care that they are fresh, and carefully cropped, drawn, and washed; then soak them half an hour. In the meantime cut a hard white cabbage in slices (as if for pickling) into water; drain it, and then boil it in milk and water; drain it again, and lay some of it at the bottom of a stewpan. Put the pigeons upon it, but first season them well with pepper and salt; and cover them with the remainder of the cabbage. Add a little broth, and stew gently till the pigeons are tender; then put among them two or three spoonfuls of cream, and a piece of butter and flour for thickening. After a boil or two,

serve the birds in the middle, and the cabbage placed around them.

TO STEW PIGEONS.

Another way.

Stew the birds in a good brown gravy, either stuffed or not; and seasoned high with spice and mushrooms fresh, or a little ketchup.

TO ROAST PIGEONS.

Scald some parsley, chop it with the livers, mix them with a piece of fresh butter, season with pepper and salt; put a portion inside each pigeon; cover the breast with a slice of bacon fat; roast them; serve with parsley and butter in the dish.

TO BROIL PIGEONS.

After cleaning, split the backs, pepper and salt them, and broil them very nicely; pour over them either stewed or pickled mushrooms in melted butter, and serve as hot as possible.

PIGEONS

May be dressed in so many ways, that they are very useful. The good flavour of them depends very much on their being cropped and drawn as soon as killed. No other bird requires so much washing.

Pigeons left from dinner the day before may be stewed, or made into a pie; in either case, care must be taken not to overdo them, which will make them

stringy. They need only be heated up in gravy made ready; and forcemeat balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beef-steaks be stewed in a little water, and put cold under them, and cover each pigeon with a piece of fat bacon, to keep them moist.

Season as usual, and put eggs.

GAME AND SMALL BIRDS.

When game seems to be spoiled, it may often be made fit for eating by nicely cleaning it, and washing with vinegar and water. If there is danger of birds not keeping, draw, crop, and pick them; then wash them in two or three waters, and rub them with salt; plunge them, one by one, into a saucepan of boiling water, drawing them up and down by the legs, that the water may pass through them. Let them stay in five or six minutes; then hang them up in a cool place. When drained, pepper and salt the inside well. By this method the most delicate birds may be preserved. Before roasting, wash them well. But, as a rule, no game should be washed, for one half the game that is sent to table is spoiled by being saturated in water.

In *dressing game* be careful to keep a clear fire. Let it be done of a bright brown, but not much

roasted, or the fine flavour will be destroyed. It requires to be continually basted, and to be sent up beautifully frothed. Wild-fowl take a much shorter time than domestic poultry.

The following will give, pretty nearly, the time required for roasting the several birds:—Wild-ducks, quarter of an hour; widgeons, the same; pheasants, half an hour; grouse, quarter of an hour; quails, ten minutes; woodcocks, twenty minutes; partridges, from twenty to twenty-five minutes. A hare or rabbit will take an hour; the hind part requires most heat, and that should be attended to, as it commonly happens that the thick part of the thigh is underdone, as well as the shoulders. The blood stagnated round the neck and shoulders is not easily removed: to do this, put those parts into a pan of lukewarm water, and prick them with a skewer; before dressing, rub and squeeze it out.

To take off the fishy taste which wild-fowl sometimes have, put an onion, salt, and hot water into the dripping-pan, and baste them for the first ten minutes with this; then take away the pan, and baste constantly with butter.

TO ROAST WOODCOCKS OR SNIPES.

Handle them as little and as lightly as possible, and pluck off the feathers gently; for if this be violently done the skin of the birds will be broken. *Do not draw them*, but after having wiped them with clean soft cloths, *truss* them with the head under the

[illegible]

TO ROAST WILD DUCKS.

You must pluck, draw, singe, and clean the inside *of them*, the same as directed for poultry. To roast them properly, you must hang them down to a brisk, *clear*, bright fire, and baste them with butter, as the

outside must be nicely browned and frothed, and yet the flesh be juicy and full of gravy. They will take about twenty to thirty-five minutes to roast, according as the family like them more or less done, which you must inquire. Serve up with sauce made thus: Half a teacupful of port wine, the same of good meat gravy, a small onion sliced, a little Cayenne pepper and salt, a grate of nutmeg, and a bit of mace; simmer them for ten minutes; then put in a little bit of butter and flour, give it all one boil, strain it, and pour it through the birds.

Or you may serve them up without making gravy, by only mixing the gravy which drops from them with half a teacupful of boiling water, and a little pepper and salt, and straining it into the dish.

SAUCE FOR WILD-FOWL.

Put into a saucepan half a pint of gravy, a few leaves of basil, a small onion or shalot, and a small piece of lemon peel; boil a few minutes, and strain off; then add the juice of half a lemon, or Seville orange, or a glass of port wine; and season with salt and Cayenne, or black pepper. This is a fine sauce for all kinds of wild-fowl.

An onion, or shalot, chopped fine, and warmed in plain brown gravy, is a readier sauce than the above.

TO ROAST PARTRIDGES.

Let the birds hang as long as they can possibly

be kept without becoming offensive; pick them carefully, draw, and singe them: wipe the insides thoroughly with a clean cloth: truss them with the head turned under the wing and the legs drawn close together or crossed. Flour them when first laid to the fire, and baste them plentifully with butter. Serve them with bread sauce, and good brown gravy. A little of this last should be poured over them.

In preparing them for the spit, remove the crop through a slit cut in the back of the neck; clip the claws close; hold the legs in boiling water for a minute that they may be easily skinned.

BROILED PARTRIDGE.

(French Receipt.)

After having prepared the bird with great nicety, divided and flattened it, season it with salt, and pepper, or Cayenne, dip it into clarified butter, and then into very fine bread crumbs, and take care that every part shall be equally covered: if wanted of particularly good appearance, dip it a second time into the butter and crumbs. Place it over a very clear fire, and broil it gently from twenty to thirty minutes. Send it to table with brown mushroom sauce, or some Espagnole.

TO ROAST WILD PIGEONS.

Pigeons, when stuffed, require some green parsley to be chopped very fine with the liver and a bit

of butter, seasoned with a little pepper and salt; or they may be stuffed with the same as a fillet of veal. Fill the belly of each bird with either of these compositions. They will roast in about twenty or thirty minutes. Serve with parsley and butter, in a dish under them, with some in a boat. Garnish with crisp parsley, fried bread crumbs, bread sauce or gravy.

Wild Pigeons may be stewed, &c., by the receipts for *Pigeons*.

JUGGED HARE.

Cut up a hare into pieces, put a quarter of a pound of butter in a stewpan, with half a pound of fat bacon, set the pan on the fire, and stir round until the hare is quite firm; add a bunch of parsley, a blade of mace, a few leaves of basil, with six ounces of flour; when well mixed, moisten with stock or water till covered; boil, and remove all the scum as it rises; when the hare is tender, take it out, strain the sauce, put it back into the pan with the hare, season with pepper and salt, and two glasses of port wine or sherry.

CIVET OF HARE.

Cut all the meat from the hare in nice pieces, beginning at the back in a strait line; with a sharp knife detach the fillet on both sides, then the fillets from the legs; take a chopper and break all the bones very small, or pound them in a mortar, put

them into a stewpan, with three pints of stock, or if none is at hand, water will do; cut six good-sized onions into shreds, a carrot in slices, a bunch of parsley, and a few sprigs of basil; put the pan on the fire, and when boiling, cover up tight for an hour; strain, add a little more boiling water to the bones, and boil a few minutes, that all the flavour may be exhausted; strain, and add to the first. While this is doing, fry the fillets of hare in a quarter of a pound of butter, when firm, mix in six ounces of flour, moisten with the sauce from the bones, boil, and skim carefully; season with Cayenne, salt, a teaspoonful of red currant jelly, and two glasses of port wine; when the hare is quite tender, pile the pieces in the middle of the dish, pour the sauce over, and serve.

FRICASSEE OF RABBIT.

Cut up a young rabbit into nice pieces, wash them well, shred and blanch four onions, put them into a stewpan with the rabbit, add a blade of mace, a bunch of parsley, and a slice of ham, cover the whole with water, and simmer for half an hour; take out the rabbit, and strain the sauce; put two ounces of butter in the pan, with a spoonful of flour, give a few turns on the fire, and reduce with the sauce; add the rabbit, boil and skim well; add a little cream, with two or three yolks, let the sauce thicken but not boil; serve.

CURRY OF RABBITS.

Cut up a young rabbit into convenient pieces, cut four onions into very small dice, put two ounces of butter in a stewpan, add the rabbits, with the onions, and a slice of ham, put over a sharp fire, and fry till of a nice colour; add a spoonful of flour, a teaspoonful and a half of curry powder; when well mixed, moisten with a pint or little more of stock, simmer a quarter of an hour, skim off the grease, season, and serve.

RAISED PIES.

RAISED Pies may be made of any kind of flesh, fish, fruit, or poultry, if baked in a wall of paste instead of a baking-dish; but they are generally eaten cold, and made so large and savoury as to remain a long time before being consumed, for which reason they also bear the name of "standing pies." In making them the cook should always take care to have a good stock that will jelly, made from the bones and trimmings, to fill up the pie when it comes from the oven, and also that when cold there may be enough jelly. For want of this precaution pies become dry before they can be eaten. The materials are of course frequently varied, but the mode of preparation is so nearly the same as not to require the recital of more than *a few prominent* receipts.

RAISED PIE.

To make this entreé an oval pie mould is required, which opens with a hinge, one about four inches diameter, by six inches in length, and five inches deep. Open the mould, and grease it all over with clarified butter, using a soft brush for the purpose.

Take half a pound of fresh butter, and rub it into one pound of flour, with four yolks of eggs, and a little water, make it into a stiff paste, roll it out into a sheet, and cut it into two stripes half an inch thick, line the inside of the mould with them, fastening the ends with yolk of egg; roll out a piece for the bottom, which fasten well, to prevent the gravy issuing through. Cut up a few slices of fillet of veal, a few slices of ham, flatten with the bat, and strew a little chopped parsley, pepper, and salt over them; boil four eggs ten minutes, cut them when cold into rings; lay the meat and eggs into the mould alternately, cover the pie with the parings of paste left, bake on a sheet in a sharp oven one hour and a half; when ready, take it out of the mould, pour about half a pint of strong gravy, well seasoned, into the pie, and serve.

The directions given above, apply to raised pies of every description.

RAISED PIGEON PIE.

Line a mould as above. Take three pigeons, draw, and singe them; cut in halves, as the bones *are apt to* protrude through the sides of the pie; it

is better to bone the pigeons; this requires a little experience and time, the pie will be all the better if it is done, if not, line the inside of the pie with a very thin slice of rump steak, wash the pigeons in a little water, push the thigh bone through the side; if the pigeons are old, it is better to fry or broil them a little, if they are young this need not be done; season the steak and pigeons with pepper and salt, a little chopped parsley, and four eggs; cover, and bake as before, add some gravy, and serve.

Both of these pies are equally good cold.

RABBIT PIE.

Line a mould as above. Bone the legs of a rabbit, take the fillets of the back, season the pieces well, spread a little veal forcemeat round the inside of the pan, place the rabbit neatly in, cover, and finish as before.

VENISON PASTY.

Prepare a mould as before. Cut up a piece of venison in slices or stripes, season with pepper and salt, line the inside of the crust with a few slices of fat bacon, or veal forcemeat, finish as before. While baking, make a gravy with any bones or parings left; thicken with a little piece of butter and flour, and season high with pepper and salt; add a teaspoonful of red currant jelly, and one glass of port wine, pour into the pie, and serve.

Raised pies of partridge, grouse, pheasant, and chicken, are made in the same way.

RAISED STANDING PIE, COLD.

Put four ounces of butter in a stewpan, with about a pint and a half of water, when boiling, pour on the flour, and mix with a spoon, and then into a very stiff paste; roll out into a long band, cut a strip five inches deep, twenty-four or thirty inches long, also a piece into an oval shape half an inch thick, wet the edge of it, and cut a strip half an inch deep off the band, lay it on the edge of the bottom which was wetted, wet the outside of this again, and then raise up the band and lay it round the bottom; fasten with yolk; give it a neat shape by pressing out the inside of the bottom, turn over the lip like a vase, pinch the edge at the bottom and at the top with the fingers, fill the crust with bran, and let it stand; while the leaves are being made with which the sides of the crust may be ornamented, cut some diamonds out of a thin sheet of the paste, notch with the back of a knife, wet the side of the crust with yolks of eggs, and stick them on; let the crust stand all night, and bake next day in a cold oven; an hour will bake it; empty out the bran, and when cold, fill with any preparation.

MEAT FOR STANDING PIE.

Cut up four pounds of fillet of veal into thin slices; also one pound and a half of ham; put a little clarified butter in a frying-pan, when hot, lay the veal in, and fry them a nice colour; then fry the ham, lay the pieces on a cloth to drain off the butter. Put two

quarts of clear gravy, or first stock in a stewpan, add the veal and ham, tie up a bunch of parsley, with a few leaves of basil, and a blade of mace, inside of it; boil the whole a quarter of an hour, skim very carefully, put this away to cool; when set, fill into the crust; mince some bright savoury jelly, and lay over the meat; garnish with some green parsley.

This elegant dish is chiefly used at marriage breakfasts or suppers. As the crust is never ate, it may be filled several times, and may be made much smaller or larger if desired, and may be filled with pigeons, chickens, or any kind of game.

VOL-AU-VENTS

A VOL-AU-VENT

Is a large kind of patty. Roll out puff paste from an inch to an inch and a half thick; cut it to suit the shape of the dish it is to be served on; in cutting it make the knife hot in water. Cut another piece not quite so large for the cover; mark the cover an inch from the edge, and brush it over with the yolk of egg; bake it in a quick oven. When it appears sufficiently browned, take off the top, clean out the soft paste, return it to the oven for a few minutes to dry; dish it on a napkin.

Care must be taken in taking out the soft part not to break the outside.

It may be filled with ragoût of sweetbread, fricassee of chicken, lobster, or oysters, but is never made of a large size.

VOL-AU-VENT OF OYSTERS.

Blanch fifty large oysters in their own juice; lift them out of the pan with a fork, that the pieces of shell may be left at the bottom; beard the oysters, and strain the juice on them; put two ounces of butter in a stewpan; add three ounces of flour, stir a little, dilute with a few spoonfuls of stock, add a gill and a half of cream, season with a little white pepper, salt, and a little chopped parsley; add the oysters and juice, bring to the boil, and fill into the Vol-au-vent case, this sauce should be rather thick.

VOL-AU-VENT OF VEAL AND HAM.

Procure a nice piece of fillet of veal; cut across the grain into pieces the size of a shilling, three quarters of a pound will be enough, also a quarter of a pound of fine ham: mince a small onion, and a little parsley, put an ounce of butter in a small stewpan, put in the veal and ham, cover up close with the lid, when the meat has simmered in its own juice for a quarter of an hour, dredge a little flour into the pan, moisten with a spoonful or two of stock, and a gill of cream, season with white pepper, and fill *into the* case. See *Pasty*.

VOL-AU-VENT OF LOBSTER.

Boil a hen lobster twenty minutes, break it up; save all the juice and pith; cut the meat into large dice, rub the spawn or coral, with an ounce of butter, till quite smooth; put two ounces of butter in a stew-pan, with two ounces of flour, and a little parsley; dilute with a little stock, and a spoonful of cream; add the meat and spawn, a teaspoonful of ketchup, and one of anchovies; just boil and fill into the case.

PATTIES OF ABOVE.

Fill six paté cases with any of the foregoing preparations, with the exception of the meat being cut much smaller.

PIES.

VEAL AND HAM PIE.

Cut up the veal in slices, and flatten with the bat; lay a small piece of ham on each slice of veal; mince some parsley very fine; mix with pepper if the ham is saltish, less salt will do in seasoning; roll up the veal neatly, place the rolls in the dish, cut four hard-boiled eggs in rings, lay them on the top, add a small ladleful of stock; dust a little flour in the dish, and cover *with puff paste*: bake in a sharp oven.

CHICKEN PIE.

Empty, and singe three chickens, cut them into joints, wash them in tepid water, strain, and lay on a cloth to dry. Cut a few slices of ham, which lay in the dish alternately with the chickens; season with white pepper and salt. Cut four eggs in rings, lay them on the top, add a ladleful of cold stock, dust a little flour in the dish, and cover with puff paste; bake two hours.

DIRECTIONS FOR BAKING PIES.

Before you put anything to bake, be sure the oven is quite clean, for if the juice or gravy of anything which is baking should boil over into the oven, or anything dirty has been in the oven, it will give a disagreeable taste to whatever is baked in it. A cook should therefore be careful to sweep and clean her oven carefully out with a damp cloth, before she lights her fire, or before it is too hot to do so, and let it dry before she closes the door tight. All pies must be attended to while cooking, to see that the juice does not boil over, for if it does, it will make a steam in the oven, which will spoil your crust, by making it heavy, and make the pie appear to be done, before it is well warmed. After it has been in the oven about half an hour, at furthest, it must be looked to, and turned, or it may be spoiled, by burning at one part and not cooking at another.

If you should find the juice of a pie run over, you *must take* out your pie, raise the crust at one end,

and pour out some of the juice, which save, and pour again into the pie when it is done, if there is room, and if not, send it up with the pie in a boat, or sauce-tureen.

BEEF STEAK PIE.

Choose steak that has been long hung, cut it into moderately-sized pieces, and trim off all skin or sinews; season them with pepper, salt, and minced shalot or onion, and lay them in the dish: put crust on the ledge and an inch below, cover with thick crust, and bake it about two hours. A teacupful of gravy or water may be put into the dish before the pie is baked, or some good gravy poured into it after it is taken from the oven.

A tablespoonful or two of mushroom ketchup, or a flap mushroom, added to the steak, will greatly enrich this pie.

BEEF STEAK AND OYSTER PIE.

Prepare the steaks as above, and put layers of them and of oysters. Stew the liquor and beards of the latter with a bit of lemon peel, mace, and a tablespoonful of walnut ketchup. When the pie is baked, boil with the above three spoonfuls of cream and one ounce of butter rubbed in flour; to which, however, many people object as injuring the savouriness of the pie; in which case, should any addition be required, a few spoonfuls of beef gravy and port wine will answer the purpose. Strain it, and pour

it into the dish: for a small pie a dozen of oysters will be sufficient, and the pie may be baked in a couple of hours.

VEAL PIE.

Cut into steaks a loin or breast of veal, season them highly with pepper, salt, grated nutmeg, mace, and a little lemon peel, mixed; lay them into the bottom of a dish, and then a few slices of sweetbreads seasoned with the spices; add some oysters, forcemeat balls, and hard-boiled yolks of eggs, half a pint of white stock, and a tablespoonful of lemon pickle; put puff paste on the edge of the dish, and cover with the same; bake it for one hour.

RAISED PORK PIE.

Make a raised crust from three to four inches high; pare off the rind, and remove the bone from a loin of pork, cut it into chops, flatten them, and season them with chopped or powdered sage, black pepper, and salt, and pack them closely into the crust; then put on the top, and pinch the edge; brush the crust with yolk of egg, and bake two hours in a slow oven; when done, remove the lid, pour off the fat, and add some seasoned gravy.

Or: The pork may be put into a dish, covered with crust, and baked.

Or: The pork may be cut into dice and seasoned.

When a hog is killed, this pie may be made of *the trimmings*; but there should be no bone, as

the meat must be packed closely, fat and lean alternately.

SEA PIE.

Skin and cut into joints a large fowl; wash and lay it into cold water for an hour; cut some salt beef into thin slices, and if it is very salt, soak it a short time in water; make a paste of flour and butter in the proportion of half a pound of butter to one pound of flour, cut it into round pieces according to the size of the bottom of the pot in which the pie is to be stewed; rub with butter the bottom of a round iron pot, and lay in a layer of the beef, seasoned with pepper, and finely-minced onion; then put a layer of the paste, and then the fowl, highly seasoned with pepper, onion, and a little salt; add another layer of paste, and pour in three pints of cold water; cover the pot closely, and let it stew gently for nearly four hours, taking care it does not burn, which, if neglected, it is apt to do. It is served in a pudding-dish, and answers well for a family dinner.

PARTRIDGE PIE A LA FRANCAISE.

Take six partridges, trussed as for boiled chickens, and season them with the above seasoning. Take also two pounds of veal and one pound of fat bacon; cut these into small bits, and put them into a stewpan with half a pound of butter, together with some shalots, parsley, *and thyme*, stewing them until quite tender.

Strain and pound the meat in a mortar till made perfectly smooth.

The pie-crust being raised, put in the partridges with the above-mentioned forcemeat over them, and over that lay some thin slices of bacon. Cover the pie with a thick lid, and be sure to close it well, to prevent any portion of the gravy from oozing out.

This size of pie will require three hours' baking, but care must be taken not to put it into the oven till the fierce heat be gone off.

PARTRIDGE PIE.

Another Way.

Lay a veal cutlet in the bottom of the dish: line the inside of the birds with fat bacon, season them well and place them with the breast downwards; fill the dish with good gravy, and add forcemeat balls, with a few button mushrooms freshly gathered.

Pies of this sort may be made nearly in the same manner of every species of game; but the mixture of the brown and white meats is not desirable, as the former have a peculiar flavour which ought to be maintained, and is weakened by the admixture of the latter: also hare and venison, though each forming admirable pasties separately, yet spoil each other when put together.

VENISON PASTY.

Cut a neck or breast into small steaks, rub them over with a seasoning of sweet herb, grated nutmeg,

pepper, and salt; fry them slightly in butter; line the sides and edges of a dish with puff paste, lay in the steaks, and add half a pint of rich gravy made with the trimmings of the venison; add a glass of port wine, and the juice of half a lemon, or a tea-spoonful of vinegar; cover the dish with puff paste, and bake it nearly two hours; some more gravy may be poured into the pie before serving it.

JELLY FOR MEAT OR RAISED PIES.

Take a quart of veal gravy, dissolve two ounces of isinglass in a little of it; add the remainder with one-quarter pint of Tarragon vinegar; boil all together for a quarter of an hour. Clarify it with the whites of six eggs, then pass it through a bag.

MODERN POTATO PASTY

An excellent Family Dish

A tin mould, with a perforated moveable top, and a small valve to allow the escape of the steam, must be had for this pasty, which is an excellent family dish, and may be varied in numberless ways. Arrange at the bottom of the mould from two to three pounds of mutton cutlets, freed, according to the taste, from all, or from the greater portion of the fat, then washed, lightly dredged on both sides with flour, and seasoned with salt and pepper, or Cayenne. Pour to them sufficient broth or water to make the gravy, and add to it at pleasure a tablespoonful of mush-room ketchup or of Harvey's sauce. Have ready

boiled, and very smoothly mashed, with about an ounce of butter, and a spoonful or two of milk or cream to each pound, as many good potatoes as will form a crust to the pasty of quite three inches thick; put the cover on the mould, and arrange these equally upon it, leaving them a little rough on the surface. Bake the pastry in a moderate oven from three-quarters of an hour to an hour and a quarter, according to its size and its contents. Pin a folded napkin neatly round the mould before it is served, and have ready a hot dish to receive the cover, which must not be lifted off until after the pasty is on the table.

Chicken or veal and oysters; delicate pork chops with a seasoning of sage and a little parboiled onion, or an eschalot or two finely minced; partridges or rabbits neatly carved, mixed with small mushrooms, and moistened with a little good stock, will all give excellent varieties of this dish, which may be made likewise with highly seasoned slices of salmon freed from the skin, sprinkled with fine herbs or intermixed with shrimps; clarified butter, rich veal stock, or good white wine, may be poured to them to form the gravy. To thicken this, a little flour should be dredged upon the fish before it is laid into the mould. Other kinds, such as cod, mackerel in fillets, salt fish previously kept at the point of boiling until three parts done, then pulled into flakes, and put into the mould with hard eggs sliced, a little cream, flour, butter, Cayenne, and anchovy-essence, and baked

with mashed parsnips on the top,) will all answer well for this pasty. Veal, when used for it, should be well beaten first: sweetbreads, sliced, may be laid in with it.

For a pasty of moderate size, two pounds, or two pounds and a half of meat, and from three to four of potatoes will be sufficient; a quarter of a pint of milk or cream, two small teaspoonfuls of salt, and from one to two ounces of butter must be mixed up with these last.

MACARONI MILANESE.

Throw the macaroni in boiling water with some salt in it; let it have plenty of room and be well covered with water; boil twenty-five minutes; drain it in a cullender; then put it into a deep dish in alternate layers of macaroni and grated cheese; lay on the top slices of fresh butter; pour over it milk and cream enough to cover the whole, and place the dish in an oven where it can cook at the top and bottom equally. In fifteen or twenty minutes it will be done. Serve it up immediately. Too much fire will make it dry.

MACARONI A L'ITALIENNE.

Take one quarter of a pound of macaroni, boil it in water till tender; thicken half a pint of milk with flour and a small bit of butter; add two tablespoonfuls of cream, half a teaspoonful of mustard, a little white pepper, salt, and Cayenne. Stir into this half

a pound of grated cheese; boil all together a few minutes: add the macaroni; make all quite hot, and serve. This is the mode adopted at the best tables in Florence.

MACARONI.

Put half a pound of pipe macaroni in two quarts of boiling water, with an ounce of butter, and a little salt; when tender, strain; make one pint and a half of melted butter, break six eggs in a basin, add a gill of sweet cream, and whisk a minute; season with a little salt, and white pepper; strew four ounces of grated parmesan cheese on the dry macaroni, mix the whole together, put it into a bordered dish, sprinkle some cheese on the top, and bake in a sharp oven.

BEEF STEAK PUDDING.

Rub half a pound of butter into one pound of flour, add a little salt with sufficient water to form a stiffish paste, knead the paste well, roll out into a sheet half an inch thick, line a round bottomed bowl, having previously slightly greased it with a little butter; pare off the paste round the edge of the bowl, knead up the parings into a round form for the cover. Cut into slices about two pounds of rump steak, season with pepper and salt, dust a little flour over the steak, and lay it in the bowl; add a few slices of potatoes in the middle, cover with steak, and put the lid on; having wetted the edge, press it down with the fingers,

tie the bowl in a napkin, and immerse in a pan of boiling water for two hours.

RABBIT PUDDING.

Line as before, a bowl that will contain two rabbits, cut them up in pieces—taking care to break off any sharp points of bone—wash them well, and drain the pieces on a cloth; season with chopped parsley, pepper, salt, and an onion minced fine; add a few slices of ham or bacon; boil as before.

Meat puddings of veal, mutton, pork, &c., are made in the same manner. If preferred, the paste may be made with beef suet, finely chopped, instead of butter.

PUDDINGS.

GENERAL DIRECTIONS FOR MAKING PUDDINGS.

MANY of the directions for making pastry apply also to the preparation of puddings.

The freshness of all ingredients of puddings is of much importance; as fresh ground flour, pure milk, new laid or sweet eggs, fresh suet, and fresh butter, or washed salt butter.

Suet makes light pudding crust: beef suet is best, next mutton, and then veal. Beef marrow is sometimes substituted for suet in puddings, which it much

enriches. Dripping may also be used for common crust; but neither dripping nor butter will make crust so light as suet.

Dried fruits for puddings should be carefully picked, and sometimes washed. Currants may be plumped out, by pouring boiling water upon them; they should be dried on a sieve or cloth before the fire. It is a good plan to pick them, in large quantities, upon a tinned sheet, as, in rubbing them on it, any stone or grit may be detected by its noise.

Raisins should be stoned with clean hands; if done with a knife point, much of the pulp is liable to be removed with the stones. The best raisins for puddings, are the large, rich kinds; the sultana kind, free from stones, is neither so well flavoured nor luscious. Raisins should generally be once cut, not chopped small, for puddings.

Candied peels, as citron, lemon, and orange, should be cut small, but not minced.

Fresh fruits should be picked free from stalks, and wiped if required.

Rice, sago, tapioca, &c., should be soaked half an hour, and well washed and picked, before they are mixed into puddings; and mustiness should be guarded against.

TO CLEAN CURRANTS FOR PUDDINGS OR CAKES.

Put them into a cullender, strew a handful of flour over them, and rub them with the hands to separate *the lumps*, and to detach the stalks; work them round

in the cullender, and shake it well, when the small stalks and stones will fall through it. Next pour plenty of cold water over the currants, drain and spread them on a soft cloth, press it over them to absorb the moisture, and then lay them on a very clean oven-tin, or a large dish, and dry them *very gradually* (or they will become hard), either in a cool oven, or before the fire, taking care in the latter case that they are not placed sufficiently near it for the ashes to fall amongst them. When they are perfectly dry, clear them entirely from the remaining stalks, and from *every stone* that may be amongst them. The best mode of detecting these, is to lay the fruit at the far end of a large white dish, or sheet of paper, and to pass it lightly and in very small portions, with the fingers, towards one's self, examining it closely as this is done.

TO MIX BATTER FOR PUDDINGS.

Put the flour and salt into a bowl, and stir them together; whisk the eggs thoroughly, strain them through a fine hair sieve, and add them *very gradually* to the flour; for if too much liquid be poured to it at once it will be full of lumps, and it is easy, with care, to keep the batter perfectly smooth. Beat it well and lightly, with the back of a strong wooden spoon, and after the eggs are added, thin it with milk to a proper consistency. The whites of the eggs beaten separately to a solid froth, and stirred gently into the mixture the instant before it is tied up for

boiling, or before it is put into the oven to be baked, will render it remarkably light. When fruit is added to the batter, it must be made thicker than when it is served plain, or it will sink to the bottom of the pudding. Batter should never *stick to the knife* when it is sent to table; it will do this both when a sufficient number of eggs are not mixed with it, and when it is not enough cooked. About four eggs to the half pound of flour will make it firm enough to cut smoothly.

Do not break many eggs into a bowl together, for, if there be one bad one it will spoil those previously in the bowl; but break them one at a time into a basin, beat all together with a whisk or fork, and strain through a sieve, when the whites of eggs only are required, the yolks, if *not broken*, will keep good for two or three days, if they be covered up.

Warmed butter will not oil if mixed with a little milk or wine. Salt improves the flavour of every pudding mixture, even if it be sweet: a pinch of salt will improve a plum pudding.

Batter pudding, to be made very light, should only have the whites of eggs in it, and milk enough to make it the thickness of a custard: a pudding made with a pint of milk requires an hour's boiling.

Puddings are better for being mixed some time before boiling or baking, if they be well stirred before they are tied up or put into the dish: it is, however, advisable to add the eggs only just before.

'PLUM PUDDING.

Six ounces of suet, chopped fine; six ounces of Malaga raisins, stoned; eight ounces of currants, nicely washed and picked; three ounces of bread crumbs; three ounces of flour; three eggs; sixth of a nutmeg; a small blade of mace; same quantity of cinnamon, pounded as fine as possible; half a teaspoonful of salt; half a pint of milk, or rather less; four ounces of sugar; to which may be added one ounce of candied lemon, and half an ounce of citron. Beat the eggs and spice well together; mix the milk with them by degrees, then the rest of the ingredients; dip a fine close linen cloth in boiling water, and put it into a hair sieve; flour it a little, pour in the mixture, and tie it up close; put it into a saucepan containing six quarts of boiling water; keep a kettle of boiling water along side of it, and fill up your pot as it wastes; be sure to keep it boiling four hours at least.

PLUM PUDDING.

Another way.

Mince one pound of beef suet, add to it half a pound of flour, six ounces of bread crumbs, three quarters of a pound of sultana raisins, three quarters of a pound of washed and dried currants, six ounces of orange peel, three quarters of a pound of brown sugar, half an ounce of nutmeg, cassia, and ginger, mixed, six eggs, and a gill of milk; mix the *whole together.* Butter a mould, pour in, and boil

four hours; or butter a cloth, dust some flour on it, place it in a bowl, put the pudding in the cloth, and tie it; boil as before. Serve with an arrowroot sauce, with an extra glass of brandy in it.

SMALL LIGHT PLUM PUDDING.

Put half a pint of fine bread crumbs into a basin, and pour on them a quarter of a pint of boiling milk; put a plate over, and let them soak for half an hour; then mix with them half a pint of suet chopped extremely small, rather more of stoned raisins, three teaspoonfuls of sugar, one of flour, three eggs, a tiny pinch of salt, and sufficient grated lemon peel or nutmeg to flavour it lightly. Tie the pudding in a well floured cloth, and boil it for two hours.

PLUM PUDDING LIGHT AND WHOLESOME.

With three ounces of the crumbs of a stale loaf, finely grated and soaked in a quarter-pint of boiling milk, mix six ounces of suet minced very small, one ounce of dry bread crumbs, ten ounces of stoned raisins, a little salt, the grated rind of a china-orange, and three eggs, leaving out one white. Boil the pudding for two hours, and serve it with very sweet sauce; put no sugar in it.

COTTAGE CHRISTMAS PUDDING.

A pound and a quarter of flour, fourteen ounces of suet, a pound and a quarter of stoned raisins, four *ounces of* currants, five of sugar, a quarter of a pound

potatoes smoothly mashed, half a nutmeg, a quarter of a teaspoonful of ginger, the same of salt, and of cloves in powder; mix these ingredients thoroughly; add four well-beaten eggs with a quarter of a pint of milk; tie the pudding in a well-floured cloth, and boil it for four hours.

One pound and a quarter of flour; fourteen ounces of suet; twenty ounces of stoned raisins; four ounces of currants; five ounces of sugar; quarter of a pound of potatoes; half a nutmeg; ginger, salt, cloves, a quarter of a teaspoonful each; four eggs; half a pint of milk: four hours.

SPONGE-CAKE PUDDING.

Melt some butter, and rub with it the mould in which the pudding is to be made; rub it very evenly with a feather or brush. Sift on the butter some pounded sugar, and take care that all parts of the mould are equally covered with it so as to look white. Stone some raisins and currants, and put them according to fancy in the carvings of the mould. Take some sponge-cake, the staler the better, cut it up in small pieces, and fill the mould lightly with it, mixing through it currants and raisins rubbed in flour. Beat separately the whites and yolks of four eggs, mixing with the yolks four tablespoonfuls of sugar; pour on them one pint and a half of cold milk, and pour this over the sponge-cake. It should fill the mould entirely; grate the peel of one lemon in the custard. Set the mould in a saucepan of cold water;

let the water cover one-third of the mould, and place it over the fire; when the water begins to boil, set it on one side the fire so that the custard will cook slowly, or it will turn. When nearly done, put it again over the fire, but do not let it brown. It will bake in a quarter of an hour.

To make a sauce for it, beat the yolks of two eggs in half a pint of new milk, and sugar to your taste; strain it through a cloth or sieve, and flavour it with rose-water, bitter almonds, or anything that is preferred. Turn the pudding into a dish, and pour the sauce round it.

CABINET PUDDING.

Take an oval, plain pudding mould with a flat bottom, butter it with clarified butter, take a few dried cherries, or raisins, and arrange them round the bottom of the mould; then take an old shilling sponge-cake, or some small ones, cut the sponge-cake in slices, and lay over the cherries till the mould is full; a few raisins and currants, with a little orange peel, may be strewed between the slices of cake; make one pint of custard without being boiled, add a glass of brandy, cover the cake with it till the mould is nearly full, put a piece of buttered paper over it, and place the mould in a stewpan in which the water will come half-way up the side of it; when the water is boiling, put in the pudding; steam slowly three quarters of an hour; dish, and pour some hot custard *over it.*

SWISS PUDDING, NEW.

Break six eggs in a basin; beat them for a minute; add half a pound of sugar, half a pound of minced apples, half a pound of minced suet, half a pound of bread crumbs, half a pound of sultana raisins, a little ginger, nutmeg, and orange peel, with a wine glassful of ale. Bake in a papered and buttered mould; boil till firm enough to turn out; pour over an arrowroot sauce.

CUSTARD PUDDING.

Prepare a custard as before, but with the addition of four yolks of eggs to the pint of milk; do not boil after the eggs are added: pour into a buttered mould, and steam as before.

Or: Pour the custard into a pudding dish, with a border of puff paste, and bake in the oven.

PRESERVED GINGER PUDDING.

Take six ounces of butter, put it into a stewpan; melt it, and add six ounces of sifted flour. Stir over the fire; have a pint and a half of milk made hot; add the milk to the butter and flour gradually: beat six eggs, and add them, with half a pound of preserved ginger cut in thin slices, and four ounces of sugar; pour into a mould as before, and steam about an hour and a half. Serve with a custard sauce.

MARROW PUDDING.

Take six *ounces* of beef marrow, minced, four

ounces of currants, four ounces of sultana raisins, two ounces of orange peel, a little nutmeg and cassia, three ounces of sugar, and a glass of brandy. Cut up a shilling sponge-cake in slices, lay a slice of cake and the other ingredients alternately, and pour over an unboiled custard till the dish is full: it will look better if the dish is bordered with some leaves of puff paste. Bake half an hour in a sharp oven.

LEMON PUDDING.

Grate four lemons on a piece of loaf sugar; scrape off the rind with a knife; take four ounces of sponge-cake, two ounces of ratifia biscuit, half a pound of sugar, six eggs, and a little cassia and nutmeg; mix the whole together with a whisk for a few minutes, border a dish with paste, and bake for half an hour.

MARROW PASTY.

Take two pounds of minced apples, one pound of minced suet, one pound of sugar, one pound of stoned raisins, minced, two glasses of brandy, a teaspoonful of mace, one of nutmeg, and one of ginger; mix all together, and cover with a piece of puff paste, nicely carved on the top and dusted with sugar; bake rather more than an hour.

VERMICELLI PUDDING.

Wash three ounces of vermicelli; boil it for fifteen minutes in a pint of milk, with a bit of cinnamon and *lemon* peel. When nearly cold, pick out the cinnamon

and peel, sweeten it, and add the well-beaten yolks of six eggs, and the whites of two. Mix it well, and bake it in a buttered dish for half an hour.

It may be boiled for one hour and a half, and served with a sweet sauce.

A PLAIN RICE PUDDING.

Wash well and pick eight ounces of rice, and put it into a deep dish, with two quarts of milk; add to this two ounces of butter, four ounces of sugar, and a little cinnamon or nutmeg, ground; mix them well together, and bake in a very slow oven. It will take about two hours.

RICE PUDDING, BAKED OR BOILED.

Wash in cold water and pick very clean six ounces of rice; boil it in one quart of milk, with a bit of cinnamon, very gently, till it is quite tender; it will take about an hour; be careful and stir it often. Take it from the fire, pick out the cinnamon, and stir in a teacupful of sugar, half a cupful of butter, three eggs well beaten, and a little powdered nutmeg: stir it till it is quite smooth. You can line a pie-dish with puff paste, or bake it in a buttered dish, which is better. About three-quarters of an hour will bake it.

A GOOD BOILED RICE PUDDING.

Swell gradually, and boil until quite soft and thick, four ounces and a half of whole rice, in one pint and a half of new *milk;* sweeten them with from three to

four ounces of sugar, broken small, and stir to them, while they are still quite hot, the grated rind of half a large lemon, four or five bitter almonds, pounded to a paste, and four large well-whisked eggs; let the mixture cool, and then pour it into a thickly-buttered basin, or mould, which should be quite full; tie a buttered paper and a floured cloth over it, and boil the pudding exactly an hour; let it stand for two or three minutes before it is turned out, and serve it with sweet sauce, fruit syrup, or a compote of fresh fruit. An ounce and a half of candied orange rind will improve it much, and a couple of ounces of butter may be added to enrich it, when the receipt without is considered too simple.

Four ounces and a half of whole rice, one pint and a half of new milk, three or four ounces of sugar, a few grains of salt, four to six bitter almonds, rind of half a lemon, and four eggs: boiled one hour.

AN EASTER PUDDING.

To four ounces of fresh rice flour, add by slow degrees half a pint of cold new milk, being careful to keep the mixture free from lumps. Pour it into a pint of boiling milk, and stir it without intermission over a very clear and gentle fire for three or four minutes; then throw in two ounces of fresh butter, and two of pounded sugar, and continue the boiling for eight or ten minutes longer. Let the rice cool down, and give it an occasional stir, to prevent the surface *from* hardening. When it has stood for fifteen or

twenty minutes, pour to it a gill of cold milk, and stir well into it a few grains of salt, the grated rind of a large sound lemon, five full sized, or six small eggs, properly cleared and well whisked, first by themselves and then with two additional ounces of pounded sugar. Beat up these ingredients thoroughly together, pour them into a deep dish which has been rubbed with butter, and in which about a tablespoonful should be left liquified, that it may rise to the surface of the pudding: strew lightly upon it four ounces of clean, dry currants, and bake it gently from three-quarters to a full hour.

BREAD PUDDING.

Sweeten a pint of new milk with three ounces of fine sugar, throw in a few grains of salt, and pour it boiling on half a pound of fine and lightly-grated bread crumbs; add an ounce of fresh butter, and cover them with a plate; let them remain for half an hour or more, and then stir to them four large well-whisked eggs, and a flavouring of nutmeg, or of lemon rind; pour the mixture into a thickly buttered mould or basin, which holds a pint and a half, and which ought to be quite full; tie a paper and a cloth tightly over, and boil the pudding exactly an hour and ten minutes. This is quite a plain receipt, but by omitting two ounces of the bread, and adding more butter, one egg, a small glass of brandy, the grated rind of a lemon, and as much sugar as will sweeten the whole richly, a very excellent pudding will be

obtained: candied orange peel also has a good effect when sliced thinly into it: and half a pound of currants is generally considered a further improvement.

One pint of new milk, three ounces of sugar, a few grains of salt, half a pound of bread crumbs, and four eggs (five, if very small); nutmeg or lemon rind at pleasure: one hour and ten minutes.

Or: One pint of milk, six ounces of bread crumbs, two to three ounces of butter, four ounces of sugar, five eggs, a small glassful of brandy, and one lemon rind. Further additions at choice: candied peel, one ounce and a half: currants, half a pound.

BROWN BREAD PUDDING.

To half a pound of stale brown bread, finely and lightly grated, add an equal weight of suet, chopped small, and of currants cleaned and dried, with half a saltspoonful of salt, three ounces of sugar, the third of a small nutmeg grated, two ounces of candied peel, five well beaten eggs, and a glass of brandy. Mix these ingredients thoroughly, and boil the pudding in a cloth for three hours and a half. Send wine sauce to table with it. The grated rind of a large lemon may be added with good effect.

Brown bread, suet, and currants, each eight ounces; three ounces of sugar, two ounces of candied peel, third of a saltspoonful of salt, half of a small nutmeg, five eggs, and one wine-glassful of brandy; three hours and a half.

PLAIN BREAD PUDDING.

ır a quart of boiling milk over four ounces of crumbs, cover it till cold, and mix with three beaten eggs, a tea cup of sugar, and half the f a grated lemon, or a little pounded cinnamon; it in a buttered dish, and serve with sweet

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BREAD AND BUTTER PUDDING.

tter a quart dish, and lay in it slices of thin and butter, strewing in a few currants; then our eggs in a basin, add four ounces of sugar, nutmeg, grated, and stir in a pint of milk; fill e dish, and bake three-quarters of an hour. le French roll, cut in slices and buttered, is ior to household bread and butter for this pud-

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COMMON BATTER PUDDING.

at four eggs thoroughly, mix with them half a of milk, and pass them through a sieve, add by degrees to half a pound of flour, and when the is perfectly smooth, thin it with another half f milk. Shake out a wet pudding-cloth, flour l, pour the batter in, leave it room to swell, tie urely, and put it immediately into plenty of fast g water. An hour and ten minutes will boil it. it to table the instant it is dished, with wine a hot compote of fruit, or raspberry vinegar: *ast makes a delicious* pudding sauce. Unless

the liquid be added very gradually to the flour, and the mixture be well stirred and beaten as each portion is poured to it, the batter will not be smooth: to render it *very* light, a portion of the whites of the eggs, or the whole of them, should be whisked to a froth and stirred into it just before it is put into the cloth.

Half a pound of flour; four eggs; three-quarters of a teaspoonful of salt; and one pint of milk. One hour and ten minutes.

Observe.—Modern taste is in favour of puddings boiled in moulds; but as we have already stated, they are seldom or never so light as those which are tied in cloths only. Where *appearance* is the first consideration, we would recommend the use of the mould, of course.

BATTER PUDDING.

Another Way.

Mix the yolks of three eggs smoothly with three heaped tablespoonfuls of flour, thin the batter with new milk until it is of the consistency of cream, whisk the whites of eggs apart, stir them into the batter, and boil the pudding in a floured cloth or buttered basin for an hour. Before it is served, cut the top quickly into large dice, halve through the pudding, pour over it a small jarful of fine currant, raspberry, or strawberry jelly, and send it to table without delay.

Three tablespoonfuls of flour; three eggs; half a

teaspoonful of salt; from a half to a whole pint of milk: one hour.

Observe.—For a very large pudding, double the quantity of ingredients and the time of boiling will be required.

BATTER FRUIT PUDDING.

Butter thickly a basin which holds a pint and a half, and fill it nearly to the brim with *good* boiling apples pared, cored, and quartered; pour over them a batter made with four tablespoonfuls of flour, two large or three small eggs, and half a pint of milk. Tie a buttered and floured cloth over the basin, which ought to be quite full, and boil the pudding for an hour and a quarter. Turn it into a hot dish when done, and strew sugar thickly over it: this, if added to the batter at first, renders it heavy. Morella cherries make a very superior pudding of this kind; and green gooseberries, damsons, and various other fruits, answer for it extremely well: the time of boiling it must be varied according to their quality and its size.

BAKED BATTER PUDDING.

Beat separately yolks and whites of three eggs; mix three tablespoonfuls of flour with half a pint of milk, a small piece of butter, and some salt; stir in the eggs. Bake in a quick oven, and eat with any sweet sauce.

SWEET MACARONI PUDDING.

Boil six ounces of macaroni in plain boiling water; beat six eggs in a basin, add four ounces of sugar, pour in a pint and a half of milk, mix the whole together, and bake in the oven.

APPLE MERINGUES.

Fill a small pudding-dish half full of stewed or preserved apples, or any other acid fruit. Beat the whites of six eggs to a very stiff froth, and mix in one tablespoonful of sugar to each egg. Pile the egg on the fruit, and bake it in a slow oven from one to two hours. It can be eaten cold or hot.

CUSTARD PUDDING.

Mix with one tablespoonful of flour a pint of cream, or new milk, three eggs, a spoonful of rose water, and one ounce of fresh butter broken in small bits; sweeten with pounded loaf sugar, and add a little grated nutmeg. Bake it in a buttered dish for half an hour. Before serving, you can strew over it pounded loaf sugar, and stick over it thin cut bits of citron, if you wish it to look very rich.

OMELETTES, &c.

SWEET OMELETTES.

Break six eggs, and whisk them, add a spoonful of sugar to them, put three ounces of butter in a deep frying-pan, do not make it very hot, put the eggs in the pan, and keep turning them gently till set; pull aside, and put a spoonful of kind of jam in centre of the omelette, fold neatly over, and glaze with sugar on top.

SAVOURY OMELETTE.

Take a slice of ham, cut it down in small dice, put it into a pan, and fry with a little butter; put three ounces of butter in the frying-pan, beat six eggs till light, pour them into the pan, and stir carefully till set; pull the pan aside, put the ham in the middle of the eggs, fold over the edge so as to enclose the ham; when slightly coloured on one side, turn over in the dish, and serve with a little gravy.

OMELETTE WITH FINE HERBS.

Break six eggs in a bowl, add a little chopped parsley, a small onion finely minced, a little salt and pepper, beat all well together, melt two ounces of butter as before, pour in the eggs, and stir with a spoon: *when it* begins to set give it a shake, fold

over the edge into a cushion shape, turn over into the dish, either plain or with gravy.

Omelettes may be made in great variety, either sweet or savoury. They take their name according to the articles used, such as ham, kidneys, oysters, lobsters, &c.

The omelette frying-pan, must be small and rather deep, with the sides rather rounded, than with an acute angle.

RICE SOUFFLE.

Wash six ounces of best Carolina rice, put it in boiling water for five minutes, then put it in a stew-pan, with half a pound of sugar, a quarter of a pound of butter, one quart of milk, and a little salt; simmer the whole about three-quarters of an hour: when the rice is tender, work the whole with a wooden spoon; add the yolks of ten eggs and a few drops of essence of lemon. Whisk up ten whites of eggs very light, mix the whole together very lightly; have a deep tin mould, put a border of paper about four inches deep round the mould, pour it in, bake three quarters of an hour, and serve.

SOUFFLE OF POTATOES.

Scoop out the inside of a dozen very mealy potatoes, mix them with half a pint of boiling cream, and three ounces of sugar, a quarter of a pound of butter, and a little salt; add the yolks of four eggs, beat up the whites of six very stiff, and mix very gently with

the potatoes; pour the preparation into the soup dish; the oven must not be too hot; when baked dust on the top with powdered sugar, and serve instantly, as the souffle begins to fall soon.

SOUFFLE OF BREAD.

Take half a pint of milk, half a pint of very sweet cream, mix, and boil, and throw over the interior of three penny French rolls; when soft, rub through a sieve, and follow the same directions as given above; flavour with lemon or orange-flower.

SALADS.

SALAD.

THE herbs and vegetables for a salad cannot be too freshly gathered; they should be carefully cleared from insects, and washed with scrupulous nicety; they are better when not prepared till near the time of sending them to table, and should not be sauced until the instant before they are served. Tender lettuces, of which the outer leaves should be stripped away, mustard and cress, young radishes, and occasionally chives, or small green onions (when the taste of a party is in favour of these last), are the usual ingredients of summer salads. Half grown cucumbers sliced thin, and mixed with them, are a favourite addition with many persons. In England

it is customary to cut the lettuces extremely fine; the French, who object to the *glimmer of the knife*, which they fancy this mode imparts, break them small instead. Young celery alone, sliced and dressed with a rich salad mixture, is excellent; it is still in some families served thus—always with roast fowls.

Beet-root, baked or boiled, blanched endive, small salad herbs, which are easily raised at any time of the year, celery, and hardy lettuces, with any ready-dressed vegetable, will supply salads through the winter. Cucumber vinegar is an agreeable addition to these.

In *summer salads* the mixture must not be poured upon the lettuce or vegetables used in the salad, but be left at the bottom, to be stirred up when wanted, as thus preserving the crispness of the lettuce.

In *winter salads*, however, the reverse of this proceeding must be adopted, as thus: The salad of endive, celery, beet, and other roots being cut ready for dressing, then pour the mixture upon the ingredients, and stir them well up, so that every portion may receive its benefit.

In doing this, it should likewise be recollected that the spoon and fork should always be of wood, and of sufficient size to stir up the vegetables in large quantities.

SALAD DRESSING.

For a salad of moderate size, pound very smoothly

the yolks of two hard-boiled eggs, with a small teaspoonful of unmade mustard, half as much sugar in fine powder, and a saltspoonful of salt; mix gradually with these a small cup of cream, or the same quantity of very pure oil, and two tablespoonfuls of vinegar. More salt and acid can be added at pleasure; but the latter usually predominates too much in English salads. A few drops of Cayenne vinegar will improve this receipt.

Two hard yolks of eggs; one small teaspoonful of unmade mustard; half as much sugar; one saltspoonful of salt; a small cupful of cream or oil; and two tablespoonfuls of vinegar.

SALAD SAUCE.

Take the yolks of two hard-boiled eggs, rub them smooth in a small mortar; add a raw yolk, with a teaspoonful of dry mustard, and rub quite smooth; moisten at intervals with a few spoonfuls of salad oil and French vinegar; add a little salt and pepper.

FRENCH SALAD SAUCE.

Melt a little savoury jelly in a bowl, and when cold, whisk up into a white froth; add by degrees a spoonful of salad oil and vinegar; if ice is at hand, it will be more speedily made by setting the bowl on the top of it; when it has become quite white and smooth, season with a little salt and pepper. This sauce must be used for masking over the article it is to be *served with, as lobsters*, chickens, game.

PANCAKES AND FRITTERS.

OBSERVATIONS.

ALTHOUGH egg forms the chief foundation of all pancakes, they are yet made in various ways according to different tastes and countries.

The *common sort* are composed of a light batter, made of eggs, flour, and milk, fried in hot dripping or lard, only half the whites of the eggs being generally used; but salt, or nutmeg, and ginger, may be added, and sugar and lemon should be served to eat with them. Or, when eggs are scarce, make the batter with flour and small beer, ginger, &c.; or clean snow, with flour, and a very little milk, will serve as well as eggs.

PANCAKES.

Put half a pound of sifted flour in a basin, with eight eggs, mix them very smooth, add one pint of milk; put an ounce of butter in a frying-pan, when hot add a couple of spoonfuls of the mixture, when brown on the one side, turn over on the other, proceed till the whole is used; roll them up, and strew some pounded sugar on the top, and serve.

FRENCH PANCAKES.

Beat separately the yolks and whites of seven eggs;

beat with the yolk four tablespoonfuls of pounded loaf sugar, the same quantity of flour, one pint of cream or milk, the grated peel and juice of one lemon, and two tablespoonfuls of rose water; add the beaten whites the last thing. Allow three tablespoonfuls to each pancake.

APPLE FRITTERS.

Make a batter with three eggs, five ounces of flour, and a little salt and nutmeg grated; beat the batter smooth, then add, by degrees, as much milk as will make it like stiff cream—peel your apples, and cut them in thick slices; take out the core, dip them in the batter, and fry them in hot lard; put them on a sieve to drain; dish them neatly, and grate some loaf sugar over them.

CUSTARDS AND CREAMS.

CUSTARD.

Boil one pint of milk, with a stick of cassia, and the skin of a lemon, beat four eggs in a bowl, with two ounces of sugar, pour the milk on them; put the mixture in a pan, set it on the fire, and stir with a whisk; when on the point of ebullition, take off the pan, and stir for a few minutes, till the heat is off.

RICH CUSTARD.

Boil a pint of milk with lemon peel and cinnamon; mix a pint of cream and the yolks of eight eggs, well beaten; when the milk tastes of the seasoning, strain it, and sweeten it enough for the whole; pour it into the cream, stirring it well; then give the custard a simmer till of a proper thickness. Do not let it boil; stir the whole time one way.

Or: Boil a pint of cream with some mace, cinnamon, and a little lemon peel: strain it, and when cold add to it the yolks of four eggs and whites of two, a little orange-flower water, and sugar to your taste. A little nutmeg and two spoonfuls of sweet wine may be added, if approved. Mix well, and bake in cups.

LEMON CREAM.

Take a pint of cream, add the zest of a lemon rubbed on sugar; whip it well; add sugar and lemon juice to palate. Have half an ounce of isinglass dissolved and cool; when the cream is thick, which it will be when the lemon juice is added, pour in the isinglass, and immediately mould it. A smaller quantity of isinglass may suffice, but that depends on the thickness of the cream.

Other flavours may be used, as orange, almond, maraschino.

Or: Take a pint of thick cream, and put to it the yolks of two eggs well beaten, four ounce of fine sugar, and the thin rind of a lemon; boil it up, then *stir it* till almost cold; put the juice of a lemon in a

dish or bowl, and pour the cream upon it, stirring it till quite cold.

RASPBERRY CREAM.

Put six ounces of raspberry jam to a quart of cream, pulp it through a lawn or hair sieve, mix it with the juice of a lemon and a little sugar, and whisk it till thick. Serve it in a dish or glasses.

STRAWBERRY CREAM.

Pulp six ounces of strawberry jam with a pint of cream through a sieve, add to it the juice of a lemon, whisk it fast at the edge of a dish, lay the froth on a sieve, add a little more juice of lemon, and when no more froth will rise put the cream into a dish, or into glasses, and place the froth upon it, well drained.

CREME A LA VANILLE.

Boil one ounce of isinglass in a pint of milk for ten minutes, taking care it does not stick to the bottom of the stewpan. Put into it half a stick of vanilla; cover it down, and let it stand till nearly cold. Beat up the yolks of five eggs, mix into them six ounces of pounded sugar, put these into a stewpan; take the vanilla out of the milk, which add to the eggs, mix them well, and stir the custard over the fire till it thickens, but do not let it boil. Strain it into a bowl; when nearly cold add a glass of noyeau or maraschino; keep stirring it, and when on the point of setting add three quarters of a pint of

cream well whipped; mix it well, and pour it into a mould: set it upon ice till wanted, when dip it for a moment into warm water, wipe it dry, and turn over upon a dish.

This is a very fine cream for a Charlotte Russe; but there should be a little more isinglass added, and a glass of brandy instead of the noyeau.

Or: Boil half a stick of vanilla in a quarter of a pint of new milk until it has a very high flavour; have ready a jelly of one ounce of isinglass to a quarter of a pint of water, which mix with the milk, and one pint and a quarter of fine cream; sweeten with fine sugar, and whip until quite thick; then pour into the mould and set it in a cool place.

CREME AU MARASQUIN.

Prepare a cream as the *Crême à la Vanille*, adding a quarter ounce more isinglass, and substituting maraschino for vanilla.

CHARLOTTE RUSSE.

Line the bottom of a plain round mould with Savoy biscuits, placing them close together in a star or some device; line the sides, placing the biscuits edgeways, to make them form a compact wall; put the mould upon ice; have ready a *Crême au Marasquin*, adding a glass of brandy. Fill the mould as it stands on the ice, and leave it till the time of serving, when turn it over upon the dish and take off the *mould*.

ICE CREAMS.

STRAWBERRY ICE CREAM.

Excellent.

Pass a pint of picked strawberries through a sieve with a wooden spoon, add four ounces of powdered sugar, and a pint of cream, and freeze.

CURRANT ICE CREAM.

Put one large spoonful and a half of currant jelly into a basin with half a gill of syrup, squeeze in one lemon and a half, add a pint of cream and a little cochineal, then pass it through a sieve, and finish in the general way.

GINGER CREAM ICE.

Make half a pint of good custard, boiling an ounce of the best ground ginger, sweeten it, add half a pint of cream, a little lemon juice, put into it when half frozen two ounces of preserved ginger cut in small dice; go on as for former ices.

ORANGE WATER ICE.

Take as many oranges as will be necessary, cut them in halves, and press the juice from them; take the pulp carefully from the rind, and put it in a bowl, pour a little boiling water on it, stir it well, and strain

it through a sieve; mix this with the orange and stir in as much sugar as will make a rich If the oranges are fine, rub some of the sugar peel to extract the essence. Freeze it like ice-c

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CURRANT FRESH WATER ICE.

Pass through a sieve a pint of currants, the to them four ounces of powdered sugar, and or of water; strain it and freeze it rich.

SIBERIAN ICE PUDDING.

Boil two pints of milk, with a stick of ca blade of mace, and the skin of a lemon pare thin; take the pan off the fire, cover up with t and let it stand a quarter of an hour. Me beat twelve eggs in a basin with a whisk; a ounces of sugar; take the spice out of the mil pour on the eggs; mix well, set on the fire, a constantly round the bottom of the pan; the m it boils take the pan off the fire, and throw in pint of double cream; do not cease stirring th ding, or it will unavoidably curdle; add a gla a half of Cognac brandy.

Break a pail of ice in pieces, add four pou salt, and mix well; put a pewter freezing-can empty pail, and surround it with ice; put th ding, when cold, into the can, and turn it very r with the finger and thumb; when the puddi heres to the sides of the can, scrape off with a *or spoon.* When the pudding has become sti

it into a mould, cover it up with a lid, having put two plies of paper between; bury the mould in the ice; when wanted, take a basin of cold water and wash off the salt, take off the cover, turn it out on a dish, and serve.

This process is applicable to every kind of ice

JELLIES.

OBSERVATIONS.

It is a complaint amongst even experienced housekeepers that they cannot feel a certainty of having jelly clear; but by *strictly* attending to the following method for making calf's-foot jelly, they can scarcely fail to have it beautifully bright.

Feet for all jellies are boiled so long by the people who sell them that they are less nutritious: they should be procured from the butcher and only scalded to take off the hair. The liquor will require greater care in removing the fat; but the jelly will be far stronger. A little isinglass, half an ounce to a quart of stock, may be used to secure the firmness, particularly in summer. In peeling lemons, care should be taken not to cut below the colour, as by so doing a great deal of the flavour of the essential oil is lost, and the white part gives a disagreeable flavour. The stock *should be* measured when set to get cold, as

the exact quantity cannot be measured when it is set.

Jelly is equally good made of cow-heel nicely cleaned.

CALF'S FOOT JELLY.

The stock for this must be made the day before. Cut up six neat's feet in shreds, wash them and put them in a pot; cover with water, and boil six hours; strain into a flat dish; when cold, remove the oil from the surface, and wash with warm water. Beat ten eggs into a basin, add the rind and juice of ten lemons, four sticks of cassia, four blades of mace, and a few cloves; beat all together; put the stock to melt in a large stewpan, and when melted add the other articles; stir constantly till boiling; then add as much sugar as will sweeten it (about a pound and a quarter will be enough), and half a bottle of sherry; pour into a flannel bag and pour back till clear; fill into moulds or glasses.

ORANGE JELLY.

Take ten oranges; pare two of them as thin as possible without any of the white pith, and squeeze them in a bowl; take out the pips; put five ounces of sugar in a small stewpan, with a few spoonfuls of water; boil and skim; add the oranges, with one ounce of best isinglass; let it come through to the boil, carefully removing the scum as it rises; strain *through* a fine muslin sieve, and fill into a shape.

The addition of a few spoonfuls of calf's foot jelly will improve it much.

FRENCH WINE JELLY.

Prepare as before; omit the spices; flavour with any kind of wine that is preferred.

LIQUEUR JELLY.

The same as above; use two glasses of noyeau maresquino, or curacoa to each shape; add a few drops of prepared cochineal.

BLANC MANGE.

Boil one ounce of isinglass, three ounces of sweet and six bitter almonds, well pounded in a quart of milk; let it boil until the isinglass is dissolved; then sweeten it, stir it until nearly cold, and put it into the mould.

Or: To a pint of new milk and as much cream, add one ounce and a half of the best isinglass, a large handful of sweet and bitter almonds, pounded in a mortar and moistened with water, three ounces of fine sugar, and two bay or peach leaves. Boil the whole until the isinglass is dissolved, then stain it into a basin, let it stand until it is cold, turn it out and take off the sediment, warm it up again, flavour it with a little orange-flour water, stir it until it is nearly cold, and then put it into the mould.

Observe to wash the isinglass in cold water before

it is put to the milk, and soak the moulds in cold water some hours before they are used.

BLANC MANGE.

Another Way.

To one ounce of isinglass, put a pint of water, boil it till the isinglass is melted, with a bit of cinnamon; put to it three-quarters of a pint of cream, two ounces of sweet almonds, six bitter ones, blanched and beaten, a bit of lemon peel, sweeten it, stir it over the fire, let it boil, strain and let it cool, squeeze in the juice of a lemon, and put into moulds; garnish to your fancy.

DINNER TRIFLE.

Stick a few rows of ratafia biscuit with barley-sugar round a crystal dish; take a pint of double cream, add three spoonfuls of sugar, the juice of one lemon, one glass of brandy—one and a half pint of water; with a whisk beat from side to side of the basin; lift the froth with a skimmer, and lay it in a hair sieve until no more will rise. Allow it to stand half an hour; lay a few slices of sponge-cake in the bottom of the dish, and a few ratafias, pour over three or four glasses of sherry, just before filling in the cream, add a couple of spoonfuls of raspberry jam.

PASTRY.

OBSERVATIONS.

THE art of making paste requires a good memory, practice, and dexterity; for, it is principally from the method of mixing the various ingredients of which it is composed, that paste acquires its good or bad qualities.

Before making paste, wash the hands in hot water; touch the paste as little as possible, and roll it but little; the less the better. If paste be much wetted it will be tough.

A marble slab is better than a board to make paste on; both, together with the rolling-pin, cutters, and tins, should be kept very clean; as the least dust or hard paste left on either will spoil the whole.

The coolest part of the house and of the day should be chosen for the process during warm weather.

Flour for the finest paste should be dried and sifted, as should pounded white sugar.

Butter should be added to paste in very small pieces, unless otherwise directed.

If fresh butter be not used, break salt butter into pieces, wash it well in spring water, to cleanse it from salt, squeeze it carefully, and dry it upon a soft cloth. Fresh butter should also be well worked to get out the buttermilk.

After the butter has been pressed and worke with a wooden knife on the paste board, press it lightly with a clean, soft cloth, to absorb the ture. If good fresh butter is used, it will re very little if any working.

Lard is sometimes used instead of butter, bu saving is of very trifling importance, when it is sidered that although lard will make paste lig will neither be of so good colour or flavour as made with butter.

In hot weather the butter should be broken pieces, and put into spring water, or into ice; on no account, put the paste into ice, else the l in it will harden, and in baking, melt, and sep from the paste.

The same thing happens in winter, when butter has not been sufficiently worked, and the is rather soft; for, though the season be favou to the making of paste, care must be taken to the butter sufficiently.

In winter, paste should be made very firm cause the butter is then so; in summer, the should be made soft, as the butter is then the s

It is important to work up paste lightly and dually into an uniform body—no strength pressure being used.

It is necessary to lightly flour both sides of p when roll it, in order to prevent its turning gre baking; but, if much flour be sprinkled on it, *paste* will not be clear.

Attention to the rolling out is most important to make light puff-paste; if it be too light, it may be rolled out once or twice more than directed; as the folding mainly causes it to rise high and even.

To ensure lightness, paste should be set in the oven as soon after it is made as possible; on this account, the paste should not be begun to be made till the oven is half heated, which sometimes occupies an hour. If paste be left twenty minutes or more before it is baked, it will become dull and heavy.

Paste should be light, without being greasy; and baked of a fine colour, without being burnt; therefore, to ensure good baking, requires attention.

Puff paste requires a brisk oven; a moderate one will best bake pies and tarts, puddings and biscuits. Regulation of heat, according to circumstances, is the main point in baking.

If the oven be too hot, the paste, besides being burned, will not rise well; and if it be too slack, the paste will be soddened, not rise, and want colour. Raised pies require the quickest oven.

When fruit pies are baked in iron ovens, the syrup is apt to boil out of them; to prevent this, set a few thin bricks on the bottom of the oven before it is heated; but this will not be requisite, if the oven have a stone bottom.

FEUILLETAGE, OR FINE FRENCH PUFF PASTE.

This, when *made* by a good French cook, is the

perfection of rich light crust, and will rise
even from one to six inches in height; but
practice is, without doubt, necessary to acco
this. In summer it is a great advantage to h
at hand, and to harden the butter over it befo
used; the paste also in the intervals of rol
improved by being laid on an oven-leaf over a
containing it. Take an equal weight of good
free from the coarse salt which is found in son
which is disadvantageous for this paste, and
dry, sifted flour; to each pound of these allc
yolks of a couple of eggs, and a small teaspoo
salt. Break a few small bits of the butte
lightly into the flour, put the salt into the
and pour on it sufficient water to dissolve it (
not quite understand why the doing this sho
better than mixing it with the flour, as in
pastes, but such is the method always pursu
it); add a little more water to the eggs, moist
flour gradually, and make it into a *very* smooth
rather lithe in summer, and never *exceedingl*
though the opposite fault, in an extreme,
render the crust unmanageable. Press, in
thin cloth, all the moisture from the remain
the butter, and form it into a ball, but in doin
be careful not to soften it too much. Should i
an unfit state for pastry, from the heat of the we
put it into a basin, and set the basin in a
water mixed with plenty of salt and saltpetre
let it remain in a cool place for an hour if po

before it is used. When it is ready (and the paste should never be commenced until it be so), roll the crust out square,* and of sufficient size to enclose the butter, flatten this a little upon it in the centre, and then fold the crust well over it, and roll it out thin as lightly as possible, after having dredged the board and paste-roller with a little flour: this is called giving it *one turn*. Then fold it in three, give it another turn, and set it aside where it will be very cool, for a few minutes; give it two more turns in the same way, rolling it each time very lightly, but of equal thickness, and to the full length that it will reach, taking always especial care that the butter shall not break through the paste. Let it again be set aside to become cold; and after it has been twice more rolled and folded in three, give it a half-turn, by folding it once only, and it will be ready for use.

Equal weight of the finest flour and good butter; to each pound of these, the yolks of two eggs, and a small saltspoonful of salt: six and a half turns to be given to the paste.

GOOD PUFF PASTE.

Take one pound of flour, sift it; one pound of butter, and divide it into four equal parts; weigh one quarter pound of flour to dust with. Rub one of the

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* The learner will perhaps find it easier to fold the paste securely round it in the form of a dumpling, until a little experience has been acquired.

quarters of butter into the pound of flour, and mix up with a very little very cold water; roll out three times, adding each time a quarter of butter, and dusting each time with flour. When you cut off from the large roll of dough a piece for one pie, roll out the piece you cut off very thin, and dust it with flour, double it in folds and roll it the thickness of your crust.

VERY LIGHT PASTE.

Mix the flour and water together, roll the paste out, and lay bits of butter upon it. Then beat up the white of an egg, and brush it all over the paste before it is folded; repeat this when rolling out, and adding the butter each time till the whole of the white of egg is used. It will make the paste very flaky.

FRENCH PASTE.

Weigh ten ounces of butter, half fresh, the other salt, also one pound of flour, rub the butter in the flour till quite smooth and fine; add a few spoonfuls of water, draw in the flour, and form into a stiffish paste, knead it well, and use as required; it is the best paste for lining dishes, making the bottom of Vol-au-vent paté cases, and covering all fruit tarts.

FRENCH SOUFFLE TART.

Line a tart-dish with French paste. (See *Pastry.*) *Then* lay a border of puff paste round it, bake in the

oven, afterwards fill it with stewed apples, or any kind of jam. Beat up ten whites of eggs to a strong froth, mix in very lightly eight ounces of fine sifted loaf-sugar, spread in the form of a dome, and bake in a coldish oven; take a piece of writing-paper, twist it in the form of a cone, put a little of the whites, which should have been left for the purpose, cut a little piece of the point off the cone, then with the finger and thumb make any design fancy may direct; put back into the oven, and bake a few minutes; garnish with jellies of different colours, and serve.

This truly elegant dish will repay all the labour bestowed on it.

FRENCH MERINGUE TARTS.

Roll out a piece of French paste as above, and bake; lay a little jam in the bottom of each; then beat up four whites of eggs very stiff, and mix in eight ounces of sugar; twist a piece of paper in the form of a cone, as before directed for soufflé tarts, put the meringue in this, cut a little piece off the point, and press out the sugar into the paste over the jam, in the form of a dome; stick a few sliced almonds on them, and bake in a cold oven.

SWISS CREAM TART, NEW.

Prepare a bordered dish as before, fill with apples, take ten yolks, one pint of cream, four ounces of *sugar, two ounces* of bruised ratafia biscuit, two

ounces of butter; make the above ingredients into custard. it will be stiff, which is wanted, add a glass of brandy; when cold, spread it over the apples; make a Meringue, as for the soufflé tart, but with six whites of eggs, and half a pound of sugar spread that over the custard; use the cone on the top before baking. it requires no preserves on the top; bake one hour in a cold oven.

APPLE AND CUSTARD TART.

Border a dish as before, fill with apples, make a rich boiled custard, and cover over the apples; lay some small diamonds of very thin puff paste, if not very light they will sink in the custard; garnish on the paste with jelly, and serve.

CREAM TARTS.

Roll out a piece of puff paste, which is not too light, into a square sheet, and cut it into pieces four inches square: make a preparation thus:—Weigh two ounces of ground rice, two ounces of flour, four ounces of sugar, four yolks of eggs, one pint of milk, with the grating of a lemon; mix the sugar and flour with the rice and the yolks, and dilute with the milk; put on the fire in a stewpan, stir until it turns into a thick paste, turn it out into a dish, and when cool, put a spoonful into each of the pieces of paste; wet the corners, and fold into a square shape, laying one corner on the other; dust a little sugar on the top, *and* bake in a sharp oven.

ALMOND TARTS.

Pound half a pound of almonds in a mortar, with half a pound of sugar; when fine, add six yolks of eggs, and rub well with the pestle till the almonds and sugar form a paste; add the grating of a lemon. More or less of this paste may be made at a time; it keeps well if covered up. When used, roll out a piece of puff paste which has been left—or give a few turns to a light piece, to make a little heavy—into pieces five inches by three inches; roll out a piece of almond paste in the form of a sausage, cut it into lengths rather shorter than the paste, place a piece on each, and fold up; glaze on the top with yolk of egg, and bake in a sharp oven; dust sugar on them when done.

FRANGIPANE TART.

Sheet a tart-tin with puff paste, pour into it some of the following cream:—Beat well four eggs, add to them a pint of cream, four spoonfuls of flour, and some loaf sugar; put them into a stewpan, and rasp in, with a lump of sugar, the peel of a lemon; simmer the whole, constantly stirring it, on a slow fire, for about five minutes; then stir in two dozen sweet and bitter almonds, previously beaten to a paste, with a few drops of water. Having filled the tart with this cream, bake it, and sift over it fine loaf sugar.

FRUIT PIES AND TARTS.

Gooseberries, currants, cherries, raspberries, plums

of many kinds, cranberries, and damsons, are used for making large pies. Cherries are mixed with currants or raspberries, or both; and currants with raspberries. The usual proportion of sugar is one pound to a quart of fruit, or not quite so much to very ripe fruit. Lay the fruit in the dish, highest in the middle, with the sugar between it, add a little water, wet the edge of the dish with water, cover it with paste about half an inch thick, close it, pare it, make a hole in the middle, and bake in a moderate oven.

Some fruits, as quinces, require stewing before they are put into a pie.

TARTLETS

Are always so called when made of a small size and not covered with a crust; nor should preserved fruit of any kind be put under crust. The paste is made stiff enough to support the contents, being cut thin, put into patty pans, and crimped at the edges. The fruit is then frequently ornamented with small strips of paste laid over it crosswise, which are made thus:—Mix a quarter of a pound of flour, one ounce of fresh butter, and a little *cold* water; rub it well between the board and your hand till it begins to string; cut it into small pieces, roll it out, and draw it into fine strings; then lay them in any way you please across your tartlets, and bake immediately.

The jam of rasoberries, currants, or any other

fruits, as well as the marmalade of apricot, quince, and apple, may be made into tartlets; and when baked in a quick oven may be filled up with raw custard or whipped cream.

FRENCH PASTE TARTLETS.

Roll out a piece of French paste thin, prickle it all over, and cut out as many pieces as are required, with a cutter two inches and a half in diameter; lay them in pans, and bake in a hot oven; fill with any kind of preserve, or lay a little white or red jelly at the bottom, and a few green gooseberries above, or cherries, strawberries, &c.

MINCE PIES.

Mince half a pound of suet very fine, one pound and a half of apples, one pound of washed currants, half a pound of sultana raisins, half a pound of moist sugar, a quarter of a pound of orange and citron peel, one ounce of mace, nutmeg, ginger, and cassia, in equal proportions, mix the whole together, with two glasses of brandy, and two of sherry. Line a dish, fill in the meat, cover with a puff paste cover neatly carved; bake in a sharp oven till the paste is done.

Two pounds of meat is enough for a good sized pie.

APPLE PIE, ENGLISH.

Pare, core, and cut into quarters, eight or ten

russet or other good baking apples; and lay them as close together as you can, in a pie-dish, sprinkling among the apples four cloves, four ounces of moist sugar, half the peel of a fresh lemon grated, with a squeeze of the lemon juice, and a little nutmeg. Add a tablespoonful of ale, or water; cover it with puff paste, and put it in the oven. It will take about an hour and a quarter to bake it; but you must see to it that it does not burn, and keep your oven of a moderate heat.

APPLE PIE, AMERICAN.

Apples of a pleasant sour, and fully ripe, make the best pies. Pare, core, and slice them, line a deep buttered dish with paste, lay in the apples, stewing in sugar to the taste, and a little grated lemon peel or cinnamon: cover them with the paste, and bake them in a moderate oven about forty minutes.

When apples are green, stew them with a very little water before making your pie. Green fruit requires double the quantity of sugar.

Gooseberries and green currants are made in the same manner.

RHUBARB PIES.

Take the tender stalks of the rhubarb, strip off the skin, and cut the stalks into thin slices. Line deep plates with pie crust, then put in the rhubarb, with a thick layer of sugar to each layer of rhubarb—a little grated lemon peel improves the pie. Cover

the pies with a crust; press it down tight round the edge of the plate, and prick the crust with a fork, so that the crust will not burst while baking, and let out the juices of the pie. Rhubarb pies should be baked about an hour, in a slow oven; it will not do to bake them quick. Some cooks stew the rhubarb before making it into pies, but it is not so good as when used without stewing.

TO GLAZE OR ICE PASTRY.

The fine yellow glaze appropriate to meat pies is given with beaten yolk of egg, which should be laid on with a paste brush, or a small bunch of feathers: if a lighter colour be wished for, whisk the whole of the egg together or mix a little milk with the yolk.

The best mode of icing fruit-tarts before they are sent to the oven is, to moisten the paste with cold water, to sift sugar thickly upon it, and to press it lightly on with the hand; but when a *whiter* icing is preferred, the pastry must be drawn from the oven when nearly baked, and brushed with white of egg, whisked to a froth, then well covered with the sifted sugar, and sprinkled with a few drops of water before it is put in again: this glazing answers also very well, though it takes a slight colour, if used before the pastry is baked.

ICED APRICOT PASTRY.

Roll out a piece of half puff paste thin, and about twelve inches *square*; roll out another piece the same

size; spread some apricot jam over the first piece of paste, then lay the other over it, press down the edges, and probe with a fork; bake in a hot oven; then lay a flat dish or tin on the paste, to make it smooth. When cold, ice it all over with icing, very thin; cut with a sharp knife into neat pieces, an inch broad and three or four long, and dry in the oven.

ICING.

Put half a pound of fine powdered sugar into a bowl, add two whites of eggs, and beat with a spoon; add a few drops of vinegar, or lemon juice; when white and stiff, use as directed.

FAUCHONETTES.

Roll out a piece of puff paste thin, and cut out with a cutter a round shape, two and a half inches in diameter; line some patty pans, and press with the finger,—or lay a small round knob, previously baked, in the middle of the paste, and bake; put a little preserve of any kind in the centre when baked. Beat up four whites of eggs to a stiff froth, add four ounces of sugar, and mix lightly; lay a little of this preparation on each tartlet, and smooth it on the top and round the sides; dust a little sugar, and bake in a cold oven; then form some rings with the paper cone, and bake again for a minute. Garnish with jelly of various colours.

CAKES AND BISCUITS.

SEED CAKE.

Proportions: sugar, three pounds; butter, three pounds; flour, six pounds; orange peel, six pounds; almonds, one pound; eggs, four and a half dozens; seeds, two ounces; sultana raisins, six pounds. Beat the butter (which should be half fresh and half salt) with the hand till white and smooth; add the sugar, and continue to beat till light; add three or four eggs alternately with a little flour, till the whole is used up; mix in the fruit and the remainder of the flour lightly; fill into tin hoops, and bake in a solid oven. One-third of the above may be made. A cake of three pounds will take about two hours.

PLUM CAKE.

The above proportions, with the addition of four pounds of currants.

POUND CAKES.

Sugar, two pounds; butter, two pounds; flour, two and a half pounds; eggs, twenty-four; seeds, a quarter of an ounce. Beat as before.

POUND CAKES.

Another Way.

Beat *to cream* one pound of butter, and work it

smoothly with one pound of sifted loaf sugar, and nine well beaten eggs; and mix in lightly one pound of flour, half a nutmeg grated, and a little pounded cinnamon or mace; beat together half an hour, and bake about one hour in a brisk oven.

Candied lemon peel cut thin, and blanched and chopped sweet almonds, are sometimes added; and half a pound of currants will make the cake much richer.

Half the above proportions will make a moderately sized cake.

FAMILY POUND CAKE.

Beat to a cream half a pound of butter, add one pound of dried flour, half a pound of powdered loaf sugar, half a pound of dried currants, or caraway-seeds, four well beaten eggs, and half a pint of milk; beat well together, and bake with care.

SPONGE CAKE.

Beat one pound of sugar in a basin with the yolks of fourteen eggs; then whisk up the whites; add the half of the whites to the yolks and sugar, and then mix in the flour lightly, with the remainder of the whites. When well mixed in, fill into a hoop, and bake in a solid oven.

QUEEN CAKE.

Beat one pound of butter with one pound of sugar *till light*; add twelve eggs by degrees, one pound

and a quarter of flour, with half a pound of currants, and a lemon-grating; bake in small pans, in a solid oven.

QUEEN CAKE.

Another Way.

Mix one pound of dried flour, the same of sifted sugar, and of washed currants. Wash one pound of butter in rose-water, beat it well, then mix with it eight eggs, yolks and whites beaten separately, and put in the dry ingredients by degrees; beat the whole an hour; butter little tins, tea-cups, or saucers, filling them only half full. Sift a little fine sugar over, just as you put them into the oven.

Or: Beat eight ounces of butter, and mix with two well beaten eggs strained; mix eight ounces of dried flour with the same of lump-sugar and the grated rind of a lemon; then add the whole together, and beat a full half hour with a silver spoon. Butter small pattypans, half fill, and bake twenty minutes in a quick oven.

The same materials made into a paste, then rolled out into small round cakes, and baked, make very nice tea-cakes.

FRUIT CAKE.

Take one pound of butter and one pound of sugar, and beat them together with the yolks of eight eggs; beat the whites separately; mix with these one and a half *pounds of* flour, a tea-cupful of cream, a wine-

glassful of brandy and one of wine, one nutmeg, one teaspoonful of mace, one teaspoonful of cloves, two teaspoonfuls of cinnamon, one saltspoonful of salt, three-quarters of a pound of raisins stoned, three-quarters of a pound of currants, half a pound of citron; mix with flour two teaspoonfuls of Babbitt's yeast powder.

IRISH CAKE.

Take one pound of butter beaten to a cream, three-quarters of a pound of sugar sifted and dried, nine eggs, the yolks and whites beaten separately, a quarter of a pound of almonds blanched and sliced, one pound and a quarter of currants picked and dried, and the same weight of flour also dried. When the butter has been worked with the hand to a cream, sift in the sugar, which should be quite hot; when mixed, pour in the yolks of eggs, then add the whites; work it half an hour, then add the flour by degrees; when thoroughly mixed, add a very small teacupful of brandy. The currants and almonds, with quarter of a pound of lemon or citron peel, should be added just before the cakes are placed in the oven, which should be hot. The cake should be beaten an hour; the hand should be kept moving the same way, and not taken out.

BANBURY CAKES.

First, mix well together a pound of currants, *cleaned* with great nicety and dried; a quarter-pound

of beef-suet, finely minced; three ounces each of candied orange and lemon rind, shred small; a few grains of salt; a full quarter-ounce of pounded cinnamon and nutmeg mixed; and four ounces of macaroons or ratafias rolled to powder. Next, make a light paste with fourteen ounces of butter to the pound of flour; give it an extra turn or two to prevent its rising too much in the oven; roll out one half in a very thin square, and spread the mixed fruit and spice equally upon it; moisten the edges, lay on the remaining half of the paste, rolled equally thin, press the edges securely together, mark the whole with the back of a knife in regular divisions of two inches wide and three in length; bake the pastry in a well-heated oven from twenty-five to thirty minutes, and divide it into cakes while it is still warm. They may be served as a second-course dish, either hot or cold, and may be glazed at pleasure.

Currants, one pound; beef-suet, for ounces; candied orange and lemon rind, each three ounces; salt, small pinch; mixed spices, quarter of an ounce; macaroons or ratafias, four ounces: baked twenty-five to thirty minutes.

SCOTCH CAKE.

Stir to a cream a pound of sugar, and three-quarters of a pound of butter—put in the juice and grated rind of a lemon, and a wine glass of brandy. Separate the whites and yolks of nine eggs, beat them to a froth *and stir them into* the cake: then add a pound

of sifted flour, and, just before it is put in the cake-pans, a pound of seeded raisins.

DERBY, OR SHORT CAKES.

Rub one pound of butter into two pounds of sifted flour, add one pound of currants, one pound of good moist sugar, and two beaten eggs mixed with half a pint of milk; work the whole into a paste, roll it out thinly, cut it into cakes, and bake them about five minutes in a moderate oven.

SAVOY CAKES.

Break ten very fresh eggs into a pan, with one pound of sifted loaf sugar; set the pan in warm water, and whisk very briskly for a quarter of an hour, or until the batter is quite thick and warm; take it out of the water and whisk until cold; stir in as lightly as possible, to mix it thoroughly, one pound of flour; flavour with essence of lemon, or the rind of a lemon rubbed on sugar; pour it into a mould and bake.

Prepare the mould as follows:—Melt a little fresh butter, take off the scum, and pour it off the dregs; let it cool, and with a brush rub it well, so that it looks creamy, into all points of the mould, and dust it with sugar and flour, mixed in equal quantities, sufficient to adhere to the batter.

The same preparation is used for sponge-cakes when baked in a mould

JELLY, OR VIENNA CAKE.

One pound of flour, the same quantity of butter and of sifted loaf sugar, and the yolks of fourteen eggs,—the whole to be beaten together for three-quarters of an hour; then beat the whites of the eggs to a froth; mix the greater part by degrees to the paste, and keep beating till the whole is soft and light. Cut pieces of paper the size and shape of the dish to be used, spread the paste upon them not quite one inch thick, put it into the oven, and let it bake, but not enough to be brown; then spread each with jam made of fruit, and a little jelly, and pile one upon the other. Let it remain until quite cold, and, some hours afterwards, add a fresh quantity of sugar to the whites of eggs; pour it over the top, and ornament it with preserved orange and lemon chips, coloured sugar-plums, &c., and let it stand in a cool oven to dry.

Or:—Take four layers of fine sponge-cake, not quite one inch thick; or the sponge-mixing may be baked at once in a round shape, about six or eight inches in diameter, and afterwards divided into slices. Put between each layer of cake one of preserves, each of a different sort, with strawberries at the top; and cover the whole cake, top and sides, with a thick icing of sugar, similar to that used in bride-cake, tinted red, and flavoured with essence of lemon, rose, or vanilla. The icing must be dried; but the cake must not be again put into the oven.

SHREWSBURY CAKE.

Butter, a half pound; sugar, a half pound; flour, one pound; and two eggs. Rub the butter into the flour lightly with the hand; put the sugar in the centre, break the eggs on the sugar, and mix them together: then draw in the flour, and make the whole into a dough; roll out and cut with a small cutter, an inch in diameter, lay out on iron tins, and bake in a hot oven.

CINNAMON OR LEMON CAKES.

Rub six ounces of good butter into a pound of fine dry flour, and work it lightly into crumbs, then add three-quarters of a pound of sifted sugar, a dessert-spoonful of pounded cinnamon, (or half as much when only a slight flavour is liked), and make these ingredients into a firm paste with three eggs, or four, if needed. Roll it, not very thin, and cut out the cakes with a tin shape. Bake them in a very gentle oven from fifteen to twenty minutes, or longer, should they not be done quite through. As soon as they are cold, put them into a clean and dry tin canister, a precaution which should be observed with all small sugar-cakes, which ought also to be loosened from the oven-tins while they are still warm.

Flour, one pound; butter, six ounces; sugar, three quarters of a pound; cinnamon, one dessert-spoonful (more or less, to the taste); eggs, three or four.

Observe.—Lemon cakes can be made by this receipt, by substituting for the cinnamon, the rasped

or grated rinds of two lemons, and the strained juice of one, when its acidity is not objected to. More butter, and more or less sugar, can be used at will, both for these and for the cinnamon cakes.

SHORT BREAD.

Flour, four pounds; sugar, three-quarters of a pound; butter, two pounds. The butter must be half fresh, and half salt; wash the salt in cold water, then knead the butter in the sugar, when well mixed draw in the flour; this requires a little exertion, but by rubbing with the hands will soon form a smooth dough; roll out into cakes and prickle on the top. Strew a few caraways on them, and bake in a solid oven.

GINGER BREAD.

Flour, six pounds; butter, one pound and a half; moist sugar, one pound and a half; treacle, three pounds; orange peel, one pound and a half; ginger, three ounces; soda, half an ounce; pearl-ashes, one ounce. Mix the butter with the flour; put the sugar in the centre; pour the treacle on the sugar; pound the ashes, and melt with a spoonful of water, and strain on the treacle the soda also; mix the treacle well with the sugar, draw in the flour, then the peel and spice, roll out into small cakes, and bake in a cold oven.

The above will make very good nuts.

MERINGUES.

Beat to a very solid froth the whites of six fresh eggs, and have ready to mix with them half a pound of the best sugar, well dried and sifted. Lay some squares or long strips of writing paper closely upon a board, which ought to be an inch thick to prevent the meringues from receiving any colour from the bottom of the oven. When all is ready for them, stir the sugar to the beaten eggs, and with a table or dessert-spoon lay the mixture on the paper in the form of a half egg; sift sugar quickly over, blow off all that does not adhere, and set the meringues immediately into a moderate oven: the process must be expeditious, or the sugar melting will cause the meringues to spread, instead of retaining their shape. When they are coloured a light brown, and are firm to the touch, draw them out, raise them from the paper, and press back the insides with a teaspoon, or scoop them out, so as to leave space enough to admit some whipped cream or preserve, with which they are to be filled, when cold, before they are served. Put them again into the oven to dry gently; and when they are ready for table fasten them together in the shape of a whole egg, and pile them lightly on a napkin.

Whites of fresh eggs, six; suted sugar, half a pound.

Observe.—Four ounces of pounded almonds may be mixed with the eggs and sugar for these cakes, and any flavour added to them at pleasure. If well made,

they are remarkably good and elegant in appearance. They must be fastened together with a little white of egg.

QUEEN'S DROPS.

Sugar, one pound; flour, one pound; butter, one pound; eggs, fifteen; and currants, a quarter-pound. Beat up the same as above. Have a bag made of chamois leather, or of cotton jane, with a funnel-shaped piece of tin, having an orifice the diameter of a sixpence, tied to the bag by the wide end; drop with the bag on paper the size of a halfpenny, and bake in a sharp oven.

The drops may be flavoured with the grating of a lemon.

JELLIES, JAMS, &c.

A FEW GENERAL RULES AND DIRECTIONS FOR PRESERVING.

1. Let everything used for the purpose be delicately clean and *dry;* bottles especially so.

2. Never place a preserving pan *flat upon the fire*, as this will render the preserve liable to *burn to*, as it is called; that is to say, to adhere closely to the metal, and then to burn; it should rest always on a trevet, or on the lowered bar of the kitchen range.

3. After the sugar is added to them, stir the preserves gently at first, and more quickly towards the end, without quitting them until they are done; this precaution will always prevent the chance of their being spoiled.

4. All preserves should be perfectly cleared from the scum as it rises.

5. Fruit which is to be preserved in syrup must first be blanched or boiled gently, until it is sufficiently softened to absorb the sugar; and a thin syrup must be poured on it at first, or it will shrivel instead of remaining plump, and becoming clear. Thus, if its weight of sugar is to be allowed, and boiled to a syrup with a pint of water to the pound, only half the weight must be taken at first, and this must not be boiled with the water more than fifteen or twenty minutes at the commencement of the process; a part of the remaining sugar must be added every time the syrup is reboiled, unless it should be otherwise directed in the receipt.

6. To preserve both the true flavour and the colour of fruit in jams and jellies, boil them rapidly until they are well reduced, *before* the sugar is added, and quickly afterwards, but do not allow them to become so much thickened that the sugar will not dissolve in in them easily, and throw up its scum. In some seasons, the juice is so much richer than in others, that this effect takes place almost before one is aware of it; but the drop which adheres to the skimmer, when it is held up, will show the state it has reached.

7. Never use tin, iron, or pewter spoons, or skimmers for preserves, as they will convert the colour of red fruit into a dingy purple, and impart, besides, a very unpleasant flavour.

8. When cheap jams or jellies are required, make them at once with loaf sugar, but use that which is *well refined* always, for preserves in general; it is a false economy to purchase an inferior kind, as there is great waste from it in the quantity of scum which it throws up.

9. Pans of copper or bell-metal are the proper utensils for preserving fruit: when used, they must be scoured bright with sand. Tinned pans turn and destroy the colour of the fruit that is put into them. There is now a new sort of stewpan made of iron coated with earthenware, which is very nice for preserving.

TO CLARIFY SUGAR.

Take the finest kind, break it into large lumps, and put it into a preserving-pan. If for syrup, add a pint of cold water to each pound; if for candying, a couple of wine-glassfuls to the pound will be sufficient. Beat the white of an egg, add it to the water, mix it well, and pour it over the sugar; one egg is enough for twelve pounds of sugar, if it is fine, or two if it is coarse. When the sugar is nearly melted, stir it well, and put it over a gentle fire; do not stir it after the scum begins to rise; let it boil five minutes, then take it off the fire, let it stand a minute or two, then

take the scum carefully off; put the pan again on the fire, and when the syrup begins to boil throw in a little cold water, which should be kept back for the purpose: boil till the scum rises, draw it off the fire, and skim it as before; repeat this till quite clear; it is then fit for use. It is by long boiling that the different degrees are acquired which the confectioner requires.

A simple method of *candying*, is to lay some fruits from syrup into a clean sieve; to dip it quickly into hot water, and then put the fruit into a fine cloth, to drain: sift over it refined sugar, and dry on sieves in a moderate oven.

A little powdered alum dissolved in water, and put into the syrup of preserves, with a full quantity of sugar, will sometimes prevent their candying.

The only secret of storing preserves, is to exclude the air from them, and to set them in a dry place, not placing the pots on each other.

All fruits for preserving should be gathered in dry weather: but as this is not always practicable, much inconvenience may be obviated by boiling the fruit for jellies and jams long before the sugar is added. By so doing the watery particles will evaporate, and the preserve will be better flavoured, by the sugar not being too long on the fire.

TO PRESERVE STRAWBERRIES OR RASPBERRIES, FOR CREAMS OR ICES, WITHOUT BOILING.

Let the fruit be gathered in the middle of a warm

day, in very dry weather; strip it from the stalks directly, weigh it, turn it into a bowl or deep pan, and bruise it gently; mix with an equal weight of fine dry sifted sugar, and put it immediately into small, wide-necked bottles; cork these firmly without delay, and tie bladder over the tops. Keep them in a cool place, or the fruit will ferment. The mixture should be stirred softly, and only just sufficiently to blend the sugar and the fruit. The bottles must be perfectly dry, and the bladders, after having been cleaned in the usual way, and allowed to become nearly so, should be moistened with a little spirits on the side which is to be next to the cork.

TO PRESERVE STRAWBERRIES.

To two pounds of fine large strawberries, add two pounds of powdered sugar, and put them in a preserving-kettle, over a slow fire, till the sugar is melted; then boil them precisely twenty minutes, as fast as possible; have ready a number of *small* jars, and put the fruit in boiling hot. Cork and seal the jars immediately, and keep them through the summer in a cold dry cellar. The jars must be heated before the hot fruit is poured in, otherwise they will break.

TO PRESERVE DAMSONS.

To every pound of damsons allow three-quarters of a pound of powdered sugar; put into jars or well-glazed earthen pots, alternately a layer of damsons

and one of sugar: tie strong paper or cloth over the pots, and set them in the oven after the bread is drawn, and let them stand till the oven is cold. The next day strain off the syrup, and boil it till thick; when it is cold put the damsons into small jars or glasses, pour over the syrup, which should cover them, and tie a wet bladder or strong cloth over them.

TO PRESERVE GREENGAGES.

Pick and prick all the plums; put them into a preserving-pan with cold water enough to cover them. Let them remain on the fire until the water simmers well; then take off, and allow them to stand until half cold, putting the plums to drain. To every pound of plums allow one pound of sugar, which must be boiled in the water from which the plums have been taken; let it boil very fast until the syrup drops short from the spoon, skimming carefully all the time. When the sugar is sufficiently boiled put in the plums, and allow them to boil until the sugar covers the pan with large bubbles. Then pour the whole into a pan, and let them remain until the following day. Drain the syrup from the plums as dry as possible, boil it up quickly, and pour it over the plums: then set them by; do this a third and a fourth time. On the fifth day, when the syrup is boiled, put the plums into it, and let them boil for a few minutes; then put them into jars. Should the greengages be over ripe, it will be better to make

jam of them, using three-fourths of a pound of sugar to one pound of fruit. Warm the jars before putting the sweetmeats in, and be careful not to boil the sugar to a candy.

TO PRESERVE PINE APPLES.

Slice the pine-apples rather thinner to preserve than to eat—and take one pound of loaf sugar to one pound of fruit; powder the sugar, and place in the kettle alternately a layer of pine-apple and a layer of fruit. To each pound of fruit put three table-spoonfuls of water. Let it remain over a slow fire until the sugar is *all melted;* then boil it slowly until the fruit looks clear; take out the fruit piece by piece, and lay them on a dish, until the syrup is boiled nearly to a jelly. Put the fruit in jars, and pour on the syrup hot. After putting on brandy papers, cover the jars with paper and paste it on, which secures their keeping, and preserves the flavour of the pine-apple.

APPLES PRESERVED WHOLE.

Make a syrup of loaf sugar—allowing a pound of pleasant sour apples to a pound of sugar. Be very particular in skimming it until it is quite clear. The apples should be pared very nicely and their cores extracted, with an instrument made for the purpose, before they are weighed. Boil the apples in as much water as will cover them until they become soft, but take care that they do not commence to break.

Those that cook first should be removed on a strainer until they are all tender. Squeeze the juice of one large lemon for every pound of loaf sugar. Pare off the lemon peel if possible without breaking it—boil the juice and the peel in the same water that has boiled the apples. Pour in the syrup as soon as the lemon peel is tender, and boil it ten minutes, or till it is a strong syrup. The apples which have been cooling on a dish should then be gently put in jars and the hot syrup poured on them. Tie up the jars and do not open them for a fortnight.

PRESERVED APPLES.

Another way.

Weigh equal quantities of good brown sugar and of apples; peel, core, and mince them small. Boil the sugar, allowing to every three pounds a pint of water; skim it well, and boil it pretty thick; then add the apples, the grated peel of one or two lemons, and two or three pieces of white ginger; boil till the apples fall, and look clear and yellow.

Observe.—If a very nice preserve is wanted, use loaf sugar, then the apples will look delicately white.

CRAB APPLES.

Make a syrup, allowing the same weight of sugar as apples. Let it cool, then put in the apples, a few at once, so that they will not crowd, and break to pieces. Boil them till they begin to break, then take them out of the kettle. Boil the syrup in the course

of three or four days, and turn it while hot on to the apples. This continue to do at intervals of two or three days, till the apples appear to be thoroughly preserved.

TO PRESERVE PEARS.

Pare them very thin, and simmer in a thin syrup, let them lie a day or two. Make the syrup richer; and simmer again, and repeat this till they are clear; then drain and dry them in the sun or a cool oven a very little time. They may be kept in syrup, and dried as wanted, which makes them more moist and rich.

TO BAKE PEARS.

Wipe some large sound iron pears, arrange them on a dish with the stalk end upwards, put them into the oven after the bread is drawn, and let them remain all night. If well baked they will be excellent, very sweet, and juicy, and much finer in flavour than those which are stewed or baked with sugar. The *bon chrétien* pear also is delicious baked thus.

TO STEW PEARS.

Pare and halve or quarter large pears, according to their size; throw them into water, as the skin is taken off, before they are divided, to prevent their turning black. Pack them round a block-tin stewpan, and sprinkle as much sugar over as will make them *pretty sweet*, and add lemon peel, a clove or

two, and some all-spice cracked; just cover them with water, and add a little red wine. Cover them close and stew three or four hours; when tender, take them out, and strain the liquor over them.

TO PRESERVE A MELON WHOLE.

Scrape off the thin outside skin, make a hole in the top, take out the seeds; then throw the melon into water, and after it has remained twelve hours take it out and put it into a preserving-pan with a large piece of loaf-sugar and as much water as will cover it; then cover the pan closely, and let it remain for an hour on a very slow fire. Repeat this process three times, on three successive days, taking care not to allow it to boil; make a thin syrup, drain the melon carefully out of the liquor, and put it into the syrup, set it over a slow fire, closely covered for half an hour every day for three ensuing days, on the last day boiling the syrup until it is very rich, with the rind of one, and the juice of two lemons. To improve the flavor of a melon, take it when nearly ripe, cut out so much of the large end as to permit the scooping out of the seeds; then fill up the hollow with water and sugar, or white wine; close the top, put the melon in a net exposed to the sun for as many days as it remains good. A *water*-melon will thus acquire a fine flavour; but a *musk*-melon requires no improvement.

Or: Take a melon, cut it into pieces as for eating, *trim off* the outer rind, freely dust it over with fine

sugar, and twelve hours after put it in a preserving-pan with sufficient syrup to cover it; boil it gently until tender, repeat the boiling for three successive days, when the syrup should be thick.

RASPBERRY JAMS.

Take equal weights of fruit and moist sugar, put them on the fire together; keep stirring and breaking the fruit till the sugar melts, then boil till it will jelly on a plate.

Though simple, this will be found a very good receipt.

Or: Take equal weight of fruit and roughly-pounded loaf sugar; bruise the fruit with the back of a spoon, and boil them together for half an hour; if a little more juice is wanted, add the juice of currants drawn as for jelly.

STRAWBERRY JAM.

Allow equal weights of pounded loaf sugar and of strawberries; mash them in the preserving-pan, and mix the sugar well with it; stir, scum, and boil it for twenty minutes.

BLACK CURRANT JAM.

Allow equal weight of clipt currants and of pounded loaf sugar; bruise and mash the fruit in a preserving-pan over the fire; add the sugar; stir it frequently; when it boils, skim, and let it boil for ten minutes.

WHITE OR RED CURRANT JAM.

Pick the fruit very nicely, and allow an equal quantity of finely pounded loaf sugar; put a layer of each alternately into a preserving pan, and boil for ten minutes; or they may be boiled the same length of time in sugar previously clarified and boiled candy-height

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PINE APPLE JAM.

Pare and weigh the pine-apples, and grate them down on a large grater. To one pound of fruit put three-quarters of a pound of powdered sugar; put it over the fire, and when it comes to a boil, stir till done. Boil it half an hour or more till clear; put it in jars, and cover it carefully.

APRICOT JAM.

Take twenty pounds of ripe apricots, take the stones from them, put the apricots in a flat-bottomed pan, with one pint of water, and stir with a large spattle on a good fire; when the apricots are melted down quite smooth add twenty pounds of loaf sugar; boil ten minutes, have the kernels of the apricots blanched, throw them into the jam, and pot; cover with paper wet in brandy, and tie up.

Greengage jam is made precisely in the same way.

ORANGE MARMALADE.

Take twenty pounds of bitter oranges, cut the

skins into quarters, without cutting through the orange, pull off the quarters, and with a very sharp knife cut them into five shreds, as thin as paper, tie them up in a cloth, and boil them two hours, changing the water frequently; let them drain, cut through the oranges, and press them through a wicker, or splinter sieve; when quite dry, put the refuse on the fire with three quarts of water, when boiling allow to stand half an hour or more, press again through the sieve, weigh the whole and add one pound and a quarter of sugar, boil a quarter of an hour and pot.

The marmalade will be better with fewer shreds in it, say one half.

Damson plum jam is made the same way, and indeed all plum jams, as directed for apricot and greengage jams.

BLACK CURRANT JELLY.

Bruise one gallon of currants, weighing twenty pounds, till nearly every berry is broken, add six quarts of water, put them on the fire, and when they boil run them through a coarse linen bag, or one made of a finer kind of canvass; to every pound of juice, add a pound of sugar; boil ten minutes, scum carefully, and pot.

RED CURRANT JELLY.

Press the currants through a wicker sieve, this will save the trouble of picking from the stalks, put them *on the fire, bring* to the boil, and run through

the bag; to every pound of juice add one pound of loaf sugar; boil ten minutes, scumming carefully.

STRAWBERRY JELLY.

This, when made with fine full-flavoured scarlet strawberries, is a very delicious preserve, and is by many preferred to guava jelly, which it greatly resembles. Stalk the fruit, bruise it very slightly, and stir it for a few minutes over a gentle fire; strain it without pressure, weigh and boil it quickly for twenty minutes in a German enamelled stewpan, or preserving-pan, if possible, that the colour may not be injured; take it from the fire, and stir into it twelve ounces of sugar to the pound of juice; when this is dissolved, boil it again quickly for twenty minutes, clear it perfectly from scum, and pour it into jars or glasses. The preserve will be firmer, and require less boiling if one-fourth of red or white currant juice be mixed with that of the strawberries, but the flavour will not then be quite so perfect. A superior jelly to this is made by taking an equal weight of juice and sugar, and by boiling the latter to candy-height, before the juice (which should previously be boiled five minutes) is added to it; and when they have been stirred together off the fire until this is entirely dissolved, boiling the whole quickly from ten to twenty minutes; the time required varying very much from the difference which is found in the quality of the fruit.

Fruit, simmered four to five minutes. Juice of

strawberries, four pounds; twenty minutes. Sugar, three pounds; twenty minutes. Or, juice of strawberries, four pounds; five minutes. Sugar, boiled to candy-height, four pounds; ten to twenty minutes.

APPLE JELLY.

Pare, core, and cut small, any good baking apples, say nine pounds in weight, put them into a stewpan with three pints of water, boil them gently, stirring them till the liquid can be passed through a jelly-bag; then to each pint add three-quarters of a pound of powdered loaf sugar, set it on the fire, boil it fifteen minutes, skimming it, when it will jelly; but if it be overboiled, it will resemble treacle.

COMPOTES OF FRUIT.

We would particularly invite the attention of the reader to these wholesome and agreeable preparations of fruit, which are much less served at table generally, than they deserve to be. We have found them often peculiarly acceptable to persons of delicate habit, who were forbidden to partake of pastry in any form; and accompanied by a dish of boiled rice, they are preferable for children, as well as for invalids, to either *tarts or puddings*.

COMPOTE OF SPRING FRUIT—RHUBARB.

Take a pound of the stalks, after they are pared, and cut them into short lengths; have ready a quarter-pint of water boiled gently for ten minutes with five ounces of sugar, or with six, should the fruit be very acid; put it in and simmer it for about ten minutes. Some kinds will be tender in rather less time, some will require more.

Observe.—Good sugar in lumps should be used generally for these dishes, and when they are intended for dessert, the syrup should be enriched with an additional ounce or two. Lisbon sugar will answer for them very well on ordinary occasions, but that which is refined will render them much more delicate.

COMPOTE OF GREEN CURRANTS

Spring water half a pint; sugar, five ounces; boiled together ten minutes. One pint of green currants stripped from the stalks; simmered three to five minutes.

COMPOTE OF GREEN GOOSEBERRIES.

This is an excellent compote if made with fine sugar, and very good with any kind. Break five ounces into small lumps and pour on them half a pint of water; boil these gently for ten minutes, and clear off all the scum; then add to them a pint of fresh gooseberries, freed from the tops and stalks, washed and well drained. Simmer them gently from eight

to ten minutes, and serve them hot or cold. Increase the quantity for a large dish.

COMPOTE OF GREEN APRICOTS.

Wipe the down from a pound of quite young apricots, and stew them *very* gently for nearly twenty minutes in syrup made with eight ounces of sugar and three-quarters of a pint of water boiled together the usual time.

COMPOTE OF RED CURRANTS

A quarter-pint of water and five ounces of sugar: ten minutes. One pint of ready picked currants to be just simmered in the syrup from five to six minutes. This receipt will serve equally for raspberries, or for a compote of the two fruits mixed together. Either of them will be found an admirable accompaniment to batter, custard, bread, ground rice, and various other kinds of puddings, as well as to whole rice plainly boiled.

COMPOTE OF CHERRIES.

Simmer five ounces of sugar with half a pint of water for ten minutes: throw into the syrup a pound of cherries weighed after they are stalked, and let them stew gently for twenty minutes; it is a great improvement to stone the fruit, but a larger quantity will then be required for a dish.

COMPOTE OF MORELLA CHERRIES.

Boil together for fifteen minutes, five ounces of sugar with half a pint of water; add a pound and a quarter of ripe Morella cherries, and simmer them *very* softly from five to seven minutes; this is a delicious compote.

COMPOTE OF DAMSONS.

Four ounces of sugar and half a pint of water, to be boiled for ten minutes; one pound of damsons to be added, and simmered gently from ten to twelve minutes.

COMPOTE OF THE MAGNUM BONUM, OR OTHER LARGE PLUMS.

Boil six ounces of sugar with half a pint of water the usual time; take the stalks from a pound of plums, and simmer them very softly for twenty minutes. Increase the proportion of sugar if needed, and regulate the time as may be necessary for the different varieties of fruit.

COMPOTE OF PEACHES.

Pare half a dozen ripe peaches, and stew them very softly from eighteen to twenty minutes, keeping them often turned in a light syrup, made with five ounces of sugar, and half a pint of water boiled together for ten minutes. Dish the fruit; reduce the syrup by quick boiling, pour it over the peaches, and serve them hot for a second course dish, or cold for dessert.

They should be quite ripe, and will be found delicious dressed thus. A little lemon juice may be added to the syrup, and the blanched kernels of two or three peach or apricot stones.

Sugar, five ounces; water, half a pint: ten minutes. Peaches, six: eighteen to twenty minutes.

Observe.—Nectarines, without being pared, may be dressed in the same manner.

LIQUUERS AND SUMMER BEVERAGES.

CHERRY BRANDY.

TAKE fifty pounds of geans, cover them with rectified spirits four days; strain off, and add one half of the quantity used at first, let it stand for two days; strain, and add this liquor to the first: cover the geans with one-third of the last spirit, in water; let it stand three days: bruise the fruit, and strain it; measure the whole, but keep the last separate. For every gallon add three-quarters of a pound of sugar; mix with the separate liquor; when dissolved add the whole together, cask it, bung tightly, and it will be ready for use in a few weeks.

FRENCH GINGER BEER.

Bruise one pound and a half of Jamaica ginger, add to it half a *pound stick* of cassia, one ounce of whole

mace, and one of cloves, cover with boiling water, and cover up close for an hour. Strain off and add more boiling water, keep at the boiling for an hour, strain. Dissolve ten pounds of brown sugar in nine gallons of water, which includes the liquor strained off the spice, beat with a whisk six whites of eggs, add the juice of twelve lemons, the rhind of which should be boiled with the spice, when the whole is mixed, add one ounce of tartaric acid, four ounces and a half of cream of tartar; cask up, and bung tightly; it will be ready in ten days for bottling, and in a week for drinking.

GINGER BEER.

Bruise twelve ounces of Jamaica ginger, boil with four gallons and a half of water, for a quarter of an hour; dissolve in the strained water five pounds of loaf sugar, beat up four whites of eggs, add the juice of four lemons, half an ounce of tartaric acid, and two ounces of cream of tartar, mix the whole together and cask up; will be ready to bottle in three days.

MILK PUNCH.

Pare the skins of nine dozen of lemons very thin, let them infuse in three bottles of rum, squeeze the lemons, boil twenty pounds of sugar in a pan, with eight and a half gallons of water, mix the juice and syrup, grate fourteen nutmegs very fine, and add with seventeen bottles of rum and ten bottles of whisky; have three gallons of sweet milk made scalding hot,

mix the whole together, and run it through jelly bags till clear; bottle when cold and keep in a cold place.

RASPBERRY VINEGAR.

Put the rasps in earthen jars, and cover with white vinegar for three days; strain and add one pound of loaf sugar to every pound of juice; set on the fire; take off the scum as it rises, boil a few minutes, and bottle when cold.

SODA WATER

Rarely contains any soda, it being merely common water charged with fixed air. It is often drunk to neutralize acid in the stomach, in which case fifteen or twenty grains of carbonate of soda, finely powdered, should be put into a large glass, and the contents of a bottle of soda water poured on it.

SEIDLITZ POWDERS.

These form a cooling and effervescent aperient, and correct acidity of stomach. To make half a dozen powders, mix twelve drams of powdered Epsom salts with twelve scruples of carbonate of soda powdered, and divide into six parts, in blue papers. Divide also into six parts, in white papers, four drams of tartaric acid in fine powder. Mix in two glasses.

LEMONADE.

Three lemons to a pint of water, makes strong lemonade; sweeten to your taste.

This is the best beverage for social parties; cool, refreshing, pleasant, and salubrious.

ORANGEADE.

Roll and press the juice from the oranges in the same way as from lemons. It requires less sugar than lemonade. The water must be pure and cold, and then there can be nothing more delicious than these two kinds of drink.

ORGEAT.

Blanch one pound of sweet and one ounce of bitter almonds, and pound them in a marble mortar, with water enough to prevent oiling; then mix with them one pint of spring water and a quarter of a pint of rose or orange-flower water; rub through a lawn sieve, and to the liquor add two pounds of loaf-sugar; boil together, and skim, and when cold, bottle it. For use, shake the bottle, and pour a tablespoonful into a tumbler of cold water.

LEMON SYRUP.

Boil two pounds of loaf or crushed sugar with two pints of water; skim it till clear; then add the juice of eight good lemons. The juice should not be strained till the syrup is done. Boil in the juice for *about* ten minutes the rind of three lemons. Let it

boil fifteen or twenty minutes. Strain and bottle it. This quantity will fill two claret bottles.

EXCELLENT PORTABLE LEMONADE.

Rasp with a quarter-pound of sugar, the rind of a very fine juicy lemon, reduce it to powder, and pour on it the strained juice of the fruit. Press the mixture into a jar, and when wanted for use dissolve a tablespoonful of it in a glass of water. It will keep a considerable time. If too sweet for the taste of the drinker, a very small portion of nitric acid may be added when it is taken.

RATAFIA.

Blanch two ounces of peach and apricot kernels, bruise and put them into a bottle, and fill nearly up with brandy. Dissolve half a pound of white sugar-candy in a cup of cold water, and add to the brandy after it has stood a month on the kernels, and they are strained off; then filter through paper, and bottle for use. The distilled leaves of peaches and nectarines, when the trees are cut in the spring, are an excellent substitute for ratafia in puddings.

NOYEAU.

The real liqueur under this name is made in the island of Martinique, upon a foundation of French brandy, with a species of berry grown in the island, and sweetened with syrup. It requires age to give it the *flavour of the* berry, and even in the West

Indies is far from being cheap. The following receipts, however, are good imitations.

Blanch three ounces of bitter and the same quantity of sweet almonds, and bruise them in a mortar; add them, with the rind of two lemons, to one quart of English gin, which must be kept in a moderate heat for three days and nights. Shake the bottle three or four times a-day, then add fourteen ounces of loaf-sugar dissolved in half a pint of boiling water, and let it stand one day and night longer, shaking the bottle frequently; then strain it, and filter it afterwards in blotting-paper such as the chemists use; bottle it, and it will be fit to drink in six months, but will improve by keeping for a year.

Or: To one quart of English gin, or, what is better, of *good French brandy*, put three ounces of bitter almonds, blanched and cut into pieces, and the rind of three lemons. Let it stand three days before the fire, shaking the bottle two or three times a-day; then add one pound of good loaf-sugar, or half a pint of syrup; let it dissolve, shaking it frequently during the day or two which it will take; then filter it through blotting-paper.

MINT JULEP (AN AMERICAN RECEIPT).

Strip the tender leaves of mint into a tumbler, and add to them as much wine, brandy, or any other spirit, as you wish to take. Put some pounded ice into a second tumbler; pour this on the mint and *brandy*, and continue to pour the mixture from one

tumbler to the other until the whole is sufficiently impregnated with the flavour of the mint, which is extracted by the particles of the ice coming into brisk contact when changed from one vessel to the other. Now place the glass in a larger one, containing pounded ice: on taking it out of which it will be covered with frost-work.

MULLED WINE.

Add to one quart of wine one pint of water, and one tablespoonful of allspice; boil them together a few minutes; beat up six eggs with sugar to your taste; pour the boiling wine on the eggs, stirring it all the time. Be careful not to pour the eggs into the wine, or they will curdle.

PREPARATIONS OF FOOD FOR INVALIDS.

GENERAL OBSERVATIONS.

One of the loveliest accomplishments of a lady is to understand how to make the invalid in her family comfortable. Food prepared by the kind hand of a wife, mother, sister, friend, has a sweeter relish than the mere ingredients can give, and a restorative power which money cannot purchase. These receipts will enable the watchful attendant to vary the food, as choice or symptoms may render expedient.

Jellies and meat broths, together with the various kinds of farinaceous food, are the lightest on the stomach, as well as, generally, the most nutritious for an invalid. Milk preparations are useful when the lungs are weak. Food that the stomach can digest without distressing the patient, is the kind that gives actual strength.

TO MAKE GRUEL.

Mix a dessert-spoonful of fine oatmeal or patent groats, in two of cold water, add a pint of boiling water, and boil it ten minutes, keeping it stirred.

Or: Boil a quarter of a pint of groats in a quart of water for about two hours, and strain through a sieve.

Stir into the gruel a small piece of butter, and some sugar, nutmeg, or ginger grated: or if it be not sweetened, add a small pinch of salt.

INDIAN MEAL GRUEL.

Sift the Indian meal through a fine sieve; wet two spoonfuls of this meal with cold water, and beat it till there are no lumps; then stir it into a pint and a half of boiling water, and let it boil half an hour, stirring it all the time. Season it as liked best.

BARLEY GRUEL.

Wash four ounces of pearl-barley; boil it in two *quarts of* water with a stick of cinnamon, till reduced

to a quart; strain and return it into the saucepan with sugar and three-fourths of a pint of port wine; or the same quantity of milk. Heat up, and use as wanted.

FLOUR CAUDLE.

Mix smoothly, a tablespoonful of flour with a gill of water; set on the fire in a saucepan a gill of new milk, sweeten it, and when it boils, add the flour and water; simmer and stir them together for a quarter of an hour.

WHITE CAUDLE.

Make the gruel as above, strain through a sieve, and stir it till cold. When to be used, sweeten it to taste, grate in some nutmeg, and add a little white wine: a little lemon peel, or juice, is sometimes added.

The yolk of an egg, well beaten, may likewise be stirred in when the gruel is boiling.

RICE CAUDLE.

This may be made with water or milk; when it boils, add some ground rice, previously mixed smoothly with a little cold water; boil till thick enough, when sweeten it, and grate in nutmeg, or add a little powdered cinnamon.

ARROWROOT.

It *is very necessary* to be careful not to get the

counterfeit sort; if genuine, it is very nourishing, especially for persons with weak bowels. Put into a saucepan half a pint of water, a glass of sherry or a spoonful of brandy, grated nutmeg, and fine sugar; boil up once, then mix it by degrees into a dessert-spoonful of arrowroot, previously rubbed smooth with two spoonfuls of cold water.

Or: Mix a dessert-spoonful of arrowroot with a little cold water, have ready boiling water in a kettle, pour it upon the arrowroot until it becomes quite clear, keeping it stirred all the time; add a little sugar. Where milk may be taken, it is very delicious made in the same way with milk instead of water, a dessert-spoonful of arrowroot, and half a pint of milk; add a small bit of lemon peel.

TAPIOCA.

Choose the largest sort, pour cold water on to wash it two or three times; then soak it in fresh water five or six hours, and simmer it in the same until it becomes quite clear; then put lemon juice, wine, and sugar. The peel should have been boiled in it. It thickens very much.

SAGO.

Cleanse it by first soaking it an hour in cold water, and then washing it in fresh water. To a teacupful add a quart of water and a bit of lemon peel, simmer it till the berries are clear, season it with wine and spice, and boil it all up together.

The sago may be boiled with milk instead of water till reduced to one-half, and served without seasoning.

SAGO MILK.

Cleanse as above, and boil it slowly and wholly with new milk. It swells so much, that a small quantity will be sufficient for a quart, and when done it will be diminished to about a pint. It requires no sugar or flavouring.

GROUND RICE MILK.

Boil one spoonful of ground rice, rubbed down smooth, with one pint and a half of milk, a bit of cinnamon, lemon peel and nutmeg. Sweeten when nearly done.

RESTORATIVE MILK.

Boil a quarter of an ounce of isinglass in a pint of new milk till reduced to half, and sweeten.

SUET MILK.

Cut one ounce of mutton or veal suet into shavings, and warm it slowly over the fire in a pint of milk, adding a little grated lemon peel, cinnamon and loaf-sugar.

IMITATION OF ASSES' MILK.

Boil together equal quantities of new milk and water, add one ounce of candied eringo-root: sweeten with white *sugar*-candy, and strain.

Or: Stir into a gill each of milk and boiling water a well-beaten egg, and sweeten with white sugar-candy.

BARLEY MILK.

Boil half a pound of washed pearl barley in one quart of milk and half a pint of water, and sweeten: boil it again, and drink it when almost cold.

BAKED MILK

Is much recommended for consumptions. The milk should be put into a moderately-warm oven, and be left in it all night.

CALF'S FEET AND MILK.

Put into a jar two calf's feet with a little lemon peel, cinnamon, or mace, and equal quantities of milk and water to cover them: tie over closely, and set in a slack oven for about three hours; when cold, take off the fat, and sweeten and warm as required.

SHEEP'S TROTTERS.

Simmer six sheep's trotters, two blades of mace, a little cinnamon, lemon peel, a few hartshorn shavings, and a little isinglass, in two quarts of water, to one; when cold, take off the fat, and give nearly half a pint twice a day, warming with it a little new milk.

ISINGLASS.

Boil one ounce of isinglass shavings, forty Jamaica peppers, and a bit of brown crust of bread in a quart of water, to a pint, and strain it.

This makes a pleasant jelly to keep in the house; of which a large spoonful may be taken in wine and water, milk, tea, soup, or any way most agreeable.

GLOUCESTER JELLY.

Boil in two quarts of water, till reduced to one quart, the following ingredients: hartshorn shavings, isinglass, ivory shavings, barley and rice, one ounce of each.

When this jelly, which is light and very nourishing, is to be taken, a few tablespoonfuls of it must be dissolved in a little milk, together with a bit of cinnamon, lemon peel, and sugar. It will be very good without the seasoning.

BREAD JELLY.

Cut the crumb of a penny roll into thin slices, and toast them equally of a pale brown; boil them gently in a quart of water till it will jelly, which may be known by putting a little in a spoon to cool; strain it upon a bit of lemon peel, and sweeten it with sugar. A little wine may be added.

RICE JELLY.

Boil half a pound of Carolina rice and a small piece of cinnamon in two quarts of water for one

hour; pass it through a sieve, and when cold it will be a firm jelly, which, when warmed in milk and sweetened, will be very nutritious; add one pint of milk to the rice, in the sieve, boil it for a short time, stirring it constantly; strain it, and it will resemble thick milk, if eaten warm.

STRENGTHENING JELLY.

Simmer in two quarts of soft water, one ounce of pearl barley, one ounce of sago, one ounce of rice, and one ounce of eringo-root, till reduced to one quart; take a teacupful in milk, morning, noon, and night.

HEMP SEED JELLY.

Bruise hemp seeds, boil them in water, and strain; afterwards, simmer the liquor until it is of the thickness of gruel.

TAPIOCA JELLY.

Wash the tapioca, soak it for three hours in cold water, in which simmer it till dissolved, with a piece of thin lemon peel; then sweeten, add white or red wine, and take out the peel before using.

TO MAKE PANADA IN FIVE MINUTES.

Set a little water on the fire with a glass of white wine, some sugar, and a scrape of nutmeg and lemon peel; meanwhile grate some crumbs of bread. The moment the mixture boils up, keeping it still on the

fire, put the crumbs in, and let it boil as fast as it can. When of a proper thickness just to drink, take it off.

Or: Put to the water a bit of lemon peel, mix the crumbs in, and, when nearly boiled enough, put some lemon or orange syrup. Observe to boil all the ingredients, for, if any be added after, the panada will break and not jelly.

CHICKEN PANADA.

Boil a chicken till about three parts ready in a quart of water; take off the skin, cut the white meat off when cold, and put into a marble mortar: pound it to a paste with a little of the water it was boiled in, season with salt, a grate of nutmeg, and the least bit of lemon peel. Boil gently for a few minutes to the consistency you like; it should be such as you can drink, though tolerably thick.

This conveys great nourishment in a small compass.

SIPPETS,

When the stomach will not receive meat, are very nutritious, and prepared in this simple manner:

On an extremely hot plate put two or three sippets (small square pieces) of bread, and pour over them some gravy, from beef, mutton, or veal, with which no butter has been mixed. Sprinkle a little salt over.

BROTHS OF BEEF, MUTTON, AND VEAL.

Put two *pounds* of lean beef, one pound of scrag of

veal, one pound of scrag of mutton, sweet herbs, and ten pepper-corns, into a nice tin saucepan, with five quarts of water; simmer to three quarts, and clear off the fat when cold. Add one onion, if approved.

Soup or broth made of different meats is more supporting, as well as better flavoured.

To remove the fat, take it off when cold, as clean as possible, and if there be still any remaining, lay a bit of clean blotting-paper on the broth when in the basin, and it will take up every particle. Or if the broth is wanted before there is time to let it get cold, put a piece of cork up the narrow end of a funnel, pour the broth into it, let it stand for a few minutes, and the fat will rise to the top: remove the cork, and draw off in a basin as much of the broth as is wanted, which will be perfectly free from fat.

FOR A QUICK MADE BROTH.

Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a small tin saucepan that has a cover, with three-fourths of a pint of water, the meat being first beaten and cut in thin bits; put a bit of thyme and parsley, and if approved, a slice of onion. Let it boil very quickly; skim it; take off the cover if likely to be too weak, else cover it. Half an hour is sufficient for the whole process.

CALF'S FEET BROTH.

Boil two calf's feet, two ounces of veal, and two

of beef, the bottom of a penny loaf, two or three blades of mace, half a nutmeg sliced, and a little salt, in three quarts of water, to three pints; strain and take off the fat.

CHICKEN BROTH

May be made of any young fowl which is afterwards to be brought to table; but the best sort is to be procured from an old cock or hen, which is to be stewed down to rags, with a couple of onions, seasoned with salt and a little whole pepper; skim and strain it.

CHICKEN BROTH.

A Weaker Kind.

After taking off the skin and rump, put the body and legs of a fowl, from the white meat of which chicken panada has been made, into the water it was boiled in, with one blade of mace, one slice of onion, and ten white pepper-corns. Simmer till the broth be of a pleasant flavour.

BEEF TEA.

Cut half a pound of lean fresh beef into slices, lay it in a dish and pour over it a pint of boiling water; cover the dish and let it stand half an hour by the fire, then just bail it up, pour it off clear, and salt it a very little.

Veal Tea is made in the same way, and *Chicken Tea* also.

BEEF TEA.

To Drink Cold.

Take one pound of lean beef, clear it from every particle of skin, fat, or sinew, rasp or divide it into very small pieces; then put it into a jar, and pour a quart of boiling water upon it; plunge the jar into a kettle of boiling water, let it stand by the side of the fire, but not near enough to simmer, and allow it to grow cold. Then strain the beef tea through a muslin sieve, and, if the patient be very delicate, filter it through blotting-paper.

This tea is to be taken when cold, and will remain upon the stomach when other nourishment fails; it may be given to infants.

EGGS.

An egg broken into a cup of tea or beaten and mixed with a basin of milk, makes a breakfast more supporting than tea alone.

An egg divided, and the yolk and white beaten separately, with a little wine put to each, will afford two very wholesome draughts, and prove lighter than when taken together.

Eggs very little boiled, or poached, taken in small quantity, convey much nourishment; the yolk only, when dressed, should be eaten by invalids.

STEW FOR PERSONS IN WEAK HEALTH.

Cut veal into slices, and put them into an earthen jar, with sliced turnips, and a little salt; cover

closely, set the jar up to the neck in boiling water, and stew till the meat is tender.

TO STEW PARTRIDGES FOR THE SICK.

Half stew one or two partridges; cut them up; take out some of the largest bones; put them in a chafing-dish, with the liquor they were stewed in, with a little salt, mace, and lemon zest; when cooked, send it in the same dish to table.

All sorts of poultry and game are delicate in this way of dressing, and most nutritive and proper for patients that require nourishment.

PUDDINGS FOR INVALIDS.

Whatever farinaceous substance is selected for a pudding should be boiled quite tender in milk, and of a good thickness, so that the eggs may just set it, and give it firmness enough to stand without breaking, when turned out of the mould. These puddings for invalids cannot be made too delicate; they should be well steamed for about an hour, or a quarter more, according to the size; and whether the pudding be steamed or baked, it should never be taken from the stewpan or oven until within two or three minutes before it is sent to table.

BROWN BREAD

Is recommended to invalids for its containing bran, which *possesses* a resinous, purgative property; but

its efficacy is generally counteracted by the bread being made too fine.

Observe.—Fresh bread should never be given to invalids.

WINE WHEY.

Set on the fire, in a saucepan, a pint of milk; when it boils, pour in as much white wine, foreign or home made, as will turn it and make it clear; boil it up and set it aside till the curd has settled, when pour off the whey, add half as much boiling water, and and sweeten it.

PLAIN WHEY.

Put into boiling milk as much alum, cider, lemon juice, or vinegar, as will turn it, and make it clear; then pour it off, add some hot water, and sweeten.

TAMARIND WHEY.

Boil two ounces of tamarinds in two pints of milk, and strain: this is an excellent drink in fevers.

IRISH, OR TWO MILK WHEY.

One-third of fresh butter-milk is allowed to two-thirds of sweet milk; put the milk into a saucepan, and make it boiling hot, and then pour in the butter-milk, and gently stir it round the edges of the pan; let it come to a boil, take it off the fire, let it settle, and strain off the whey.

Sour milk may be substituted for butter-milk. An excellent drink in a fever.

VINEGAR AND LEMON WHEY.

Pour into boiling milk as much vinegar or lemon juice as will make a small quantity quite clear, dilute with hot water to an agreeable acid, add a bit or two of sugar. This is less heating than if made of wine, and if only to excite perspiration answers as well.

LUNCHEON FOR AN INVALID.

Put bread crumbs and red currant, or any other jelly, alternately into a tumbler, and when nearly half full, fill it up with milk.

BUTTER MILK—GOOD FOR CONSUMPTIVE PATIENTS.

Take the milk from the cow into a small churn; in about ten minutes begin churning, and continue till the flakes of butter swim about pretty thick, and the milk is discharged of all the greasy particles, and appears thin and blue. Strain it through a sieve, and drink it frequently.

It should form the whole of the patient's drink; the food should be biscuits and rusks, ripe and dried fruits of various kinds, when a decline is apprehended.

BAKED AND DRIED FRUITS.

Raisins in particular, make excellent suppers for *invalids, with biscuits* or common cake.

BUTTER MILK.

Although generally preferred when made from sweet cream, is liked better by some when sour, and is considered more wholesome in that state, as being lighter on the stomach.

DRINKS.

A soft and fine draught for those who are weak and have a cough may be made thus:—Beat a fresh-laid egg, and mix it with one-fourth of a pint of new milk warmed, a large spoonful of syrup, or loaf sugar, the same of rose-water, and a little nutmeg scraped. Do not warm it after the egg is put in. Take it the first and last thing.

A very agreeable draught is made by putting into a tumbler of fresh cold water a tablespoonful of syrup from preserves, and the same of good vinegar.

Tamarinds, currants, fresh or in jelly, or scalded currants or cranberries, make excellent drinks, with a little sugar or not, as may be agreeable.

A REFRESHING DRINK IN A FEVER.

Put a little tea-sage, two sprigs of balm, and a *little* wood-sorrel, into a stone jug, having first washed *and dried* them; peel thin a small lemon, and clear *from* the white; slice it, and put a bit of the peel in;

then pour in three pints of boiling water, sweeten and cover it close.

Perhaps no drink, however, is more refreshing in such a case than *weak green tea*, into which lemon juice is infused instead of milk. It may be drunk either cold or hot, but the latter is the best mode.

TOAST AND WATER.

Toast slowly a thin piece of bread, till extremely brown and hard, but not the least black; then plunge it into a jug of cold water, and cover it over an hour before used. This is of particular use in weak bowels. It should be of a fine brown colour.

BARLEY WATER.

One ounce of pearl barley, half an ounce of white sugar, and the rind of a lemon, put into a jug. Pour upon it one quart of boiling water, and let it stand for eight or ten hours; then strain off the liquor, adding a slice of lemon if desirable. This infusion makes a most delicious and nutritious beverage, and will be grateful to persons who cannot drink the horrid decoction usually given. It is an admirable basis for lemonade, negus, or weak punch, a glass of rum being the proportion for a quart.

BARLEY WATER, WITH HONEY.

Add the juice and rind of a lemon to one tablespoonful of honey, and two teacupfuls of barley; put it into a jug, and pour a quart of boiling water upon it.

BARLEY WATER, WITH ISINGLASS.

A tablespoonful of pearl barley, six lumps of loaf-sugar, half a lemon, and enough of isinglass to clear it. Pour two quarts of boiling spring water on these ingredients, and let it stand until cold.

SODA WATER.

Dissolve six drachms of dried carbonate of soda in a quart bottle of water, and four and a half drachms of tartaric acid in another bottle of the same size; pour out a wine-glassful from each bottle, and throw them at the same time into a tumbler, when it will immediately effervesce; it should be drunk in this state. This is a good soda water, and very cheap. If ten drops of the muriated tincture of iron be previously put into the tumbler a most excellent and agreeable tonic mineral water is produced, which strengthens the tone of the digestive organs in a very remarkable degree.

CREAM OF TARTAR.

When to be taken either medicinally, or as a cooling drink, may be mixed in the proportion of a heaped teaspoonful to a pint of water, which has, when hot, been poured upon the thin peel of half a lemon, and allowed to stand till quite cold. Sweeten with honey or sugar.

APPLE WATER.

Cut three or four large apples into slices, put them

into a jug, and pour a quart of boiling water over them; cover the jug. When quite cold, strain and sweeten it, and add a little lemon juice.

COOLING DRINK.

A palatable and cooling drink may be made by pouring hot water over slices of lemon; when cold, to be strained and sweetened.

BALM, MINT, AND OTHER TEAS.

These are simple infusions, the strength of which can only be regulated by the taste. They are made by putting either the fresh or the dried plants into boiling water in a covered vessel, which should be placed near the fire for an hour. The young shoots both of balm and of mint are to be preferred, on account of their strong aromatic qualities. These infusions may be drunk freely in feverish and in various other complaints, in which diluents are recommended. Mint tea, made with the fresh leaves, is useful in allaying nausea and vomiting.

WHOLESOME BEVERAGE.

Boil a pint of sweet milk, add a teaspoonful of curry powder, and sugar to your taste. Drunk warm, it will be found a grateful beverage for those of weak bowels, who may require to go abroad on cold morning before breakfast.

COOKERY FOR CHILDREN.

It is of great consequence to fix the times of taking food, as well as to regulate the quantity given to a child. The mother should personally attend to these arrangements: it is her province.

There is great danger that an infant under three years of age, will be over-fed, if it be left to the discretion of the nurse. These persons, generally, to stop the screaming of a child, whether it proceed from pain, crossness, or repletion (as it often does), they give it something to eat—often that which is very injurious, to tempt the appetite; if it will only eat and stop crying, they do not care for the future inconvenience which this habit of indulgence may bring on the child and its mother.

Arrange, as early as possible, the regular times of giving food to your children, according to their age and constitution. Young infants require food every two hours when awake: after three months old they may go three hours; then cautiously lengthen the time as the child can bear it. But remember that all temperaments are not alike. Some of the same age may require more food than others. One rule, however, will apply to all—never give a child food *to* amuse and keep it quiet when it is not hungry, or *to* reward it for being good. You may as rationally

hope to extinguish a fire by pouring on oil, as to cure a peevish temper or curb a violent one by pampering the appetite for luxuries in diet; and all the traits of goodness you thus seek to foster will, in the end, prove as deceptive as the mirage of green fields and cool lakes to the traveller in the hot sands of the desert.

"My children have very peculiar constitutions," said an anxious mother—"they are so subject to fevers! If they take the least cold, or even have a fall, they are sure to be attacked by fever." The family lived high; and those young children had a seat at the table, and were helped to the best and richest of everything; and their luncheon was cake and confectionary.

It was suggested to the mother that if she would adopt a different diet for those children, give them bread and milk morning and evening, and a plain dinner of bread, meat, and vegetables, their liability to fever would be much lessened.

"My children do not love milk, and won't touch plain food," was the answer, with a sort of triumphant smile, as though this cramming of her children with good things, till the blood of the poor little creatures was almost in a state of inflammation, was a high credit to her good housekeeping.

But do not err on the other hand, and, for fear your child should be over-fed, allow it insufficient nourishment. There is not in our country much *reason to fear that* such will be the case; the danger

is usually on the side of excess; still we must not forget that the effects from a system of slow starvation are, if not so suddenly fatal as that of repletion, more terrible, because it reduces the intellectual as well as the physical nature of man, till he is hardly equal to the brutes.

In many parts of civilized and Christian Europe, the mass of the people suffer from being over-worked and under-fed; few may die of absolute starvation, but their term of life is much shortened, and their moral and intellectual powers dwarfed or prostrated.

"Under an impoverished diet," says Dr. Combe, "the moral and intellectual capacity is deteriorated as certainly as the bodily;" and he adverts to the work-house and charitable institution system of weak soups and low vegetable diet, and to the known facts, that children brought up on such fare are usually feeble, puny, and diseased in body, and are at best but moderate in capacity.

The rational course seems to be, to feed infants, till about three years old, chiefly with milk and mild farinaceous vegetable preparations; a large portion of good bread, light, well-baked, and *cold*, should be given them; after that period, to proportion their solid food to the amount of exercise they are able to take. Children who play abroad in the open air, will require more hearty nourishment,—more meat, than those who are kept confined in the house or school-room. From the age of ten or twelve to sixteen or eighteen, when the growth is more rapid and

the exercises (of boys especially) most violent, a sufficiency of plain nourishing food should be given; there is little danger of their taking too much, if it be of the right kind and properly cooked. But do not allow them to eat hot bread, or use any kind of stimulating drinks.

FOOD FOR A YOUNG INFANT.

Take of fresh cow's milk one table spoonful, and mix with two tablespoonfuls of hot water; sweeten with loaf sugar as much as may be agreeable. This quantity is sufficient for once feeding a new-born infant; and the same quantity may be given every two or three hours—not oftener—till the mother's breast affords the natural nourishment.

THICKENED MILK FOR INFANTS WHEN SIX MONTHS OLD.

Take one pint of milk, and one pint of water; boil it, and add one tablespoonful of flour.

Dissolve the flour first in half a teacupful of water; it must be strained in gradually, and boiled hard for twenty minutes. As the child grows older, one-third water. If properly made, it is the most nutritious, and at the same time the most delicate food, that can be given to young children.

MILK

Fresh from the cow with a very little loaf sugar, is good and *safe food* for young children. From

three years old to seven, pure milk, into which is crumbled stale bread, is the best breakfast and supper for a child.

FOR A CHILD'S LUNCHEON.

Good sweet butter, with stale bread, is one of the most nutritious, at the same time the most wholesome articles of food, that can be given children after they are weaned.

BROTH

Made of lamb or chicken, with stale bread toasted, and broken in, is safe and healthy for the dinners of children when first weaned.

MILK PORRIDGE.

Stir four tablespoonfuls of oatmeal, smoothly, into a quart of milk, then stir it quickly into a quart of boiling water, and boil up a few minutes till it is thickened: sweeten with sugar.

Observe.—Oatmeal, where it agrees with the stomach, is much better for children, being a fine opener as well as cleanser; fine flour in every shape is the reverse. Where biscuit powder is in use, let it be made at home; this, at all events, will prevent them getting the sweepings of the baker's counters, boxes, and baskets.*

* All the left bread in the nursery, hard ends of stale loaves, &c., ought to be dried in the oven or screen, and reduced to powder in the mortar.

MEATS FOR CHILDREN

Mutton, lamb, and poultry, are the best. Birds, and the white meat of fowls, are the most delicate food of this kind that can be given. These meats should be slowly cooked, and no gravy, if made rich with butter, should be eaten by a young child. Never give children hard, tough, half worked meats, of any kind.

VEGETABLES FOR CHILDREN, EGGS, &c.

Their rice ought to be cooked in no more water than is necessary to swell it; their apples roasted, or stewed with no more water than is necessary to steam them, their vegetables so well cooked as to make them require little butter, and less digestion; their eggs boiled slow and soft. The boiling of their milk ought to be directed by the state of their bowels; if flatulent or bilious, a very little curry powder may be given in their vegetables with good effect—such as turmeric and the warm seeds (not hot peppers) are particularly useful in such cases.

POTATOES AND PEAS

Potatoes, particularly some kinds, are not easily digested by children; but this is easily remedied by mashing them very fine, and seasoning them with sugar and a little milk.

When peas are dressed for children, let them be seasoned *with mint* and sugar, which will take off

the flatulency.* Never give them vegetables less stewed than would pulp through a cullender.

PUDDINGS AND PANCAKES FOR CHILDREN.

Sugar and egg, browned before the fire or dropped as fritters into a hot frying-pan, without fat, will make them a nourishing meal.

RICE PUDDING, WITH FRUIT.

In a pint of new milk put two large spoonfuls of rice well washed: then add two apples, pared and quartered, or a few currants or raisins. Simmer slowly till the rice is very soft, then add one egg, beaten, to bind it. Serve with cream and sugar or molasses.

HASTY PUDDING

Made of Indian meal, and eaten in milk or with mollasses, is nutritious and healthful food.

TO PREPARE FRUIT FOR CHILDREN

A far more wholesome way than in pies or puddings, is to put apples sliced, or plums, currants, gooseberries, &c., into a stone jar; and sprinkle among them as much Lisbon sugar as necessary. Set the jar in an oven or on a hearth, with a teacupful of water to prevent the fruit from burning; or put the jar into a saucepan of water till its con-

* If they are old, let them be pulped, as the skins are perfectly indigestible by children's or weak stomachs.

tents be perfectly done. Slices of bread or some rice may be put into the jar, to eat with the fruit.

RICE AND APPLES.

Core as many nice apples as will fill the dish; boil them in light syrup; prepare a quarter of a pound of rice in milk, with sugar, and salt; put some of the rice in the dish, and put in the apples, and fill up the intervals with rice, and bake it in the oven till it is a fine colour.

A NICE APPLE CAKE FOR CHILDREN.

Grate some stale bread, and slice about double the quantity of apples; butter a mould, and line it with sugar paste, and strew in some crumbs, mixed with a little sugar; then lay in apples, with a few bits of butter over them, and so continue till the dish is full; cover it with crumbs, or prepared rice; season with cinnamon and sugar. Bake it well.

FRUITS FOR CHILDREN.

That fruits are naturally healthy in their season, if rightly taken, no one, who believes that the Creator is a kind and beneficent Being, can doubt. And yet the use of summer fruits appears often to cause most fatal diseases, especially in children. Why is this? Because we do not conform to the natural laws in using this kind of diet. These laws are very simple and easy to understand. Let the fruit be ripe when *you eat it; and eat it* when you require food.

Now, nearly one half of the summer fruits used are eaten in an unripe or decaying state; more than half sold in the cities are in this condition. And this unhealthy fruit is often taken when no fruit is needed after the full dinner, or for pastime in the evening. It is given to children to amuse them or stop their crying, when they are often suffering from repletion. Is it a wonder that fruits make people and children sick under such circumstances?*

In the country, fruits in their season usually form part of the morning and evening meal of children, with bread and milk—fresh gathered fruits—and they seldom prove injurious, eaten in this manner.

Fruits that have *seeds* are much healthier than the stone fruits, except perhaps peaches. But all fruits are better, for very young children, if baked or cooked in some manner, and eaten with bread. The French, who are a healthful people, always eat bread with raw fruit.

Apples and winter pears are very excellent food for children, indeed for almost any person in health; but best when eaten at breakfast or dinner. If taken late in the evening, fruit often proves injurious. The old saying that apples are *gold in the morning, silver at noon, and lead at night*, is pretty near the truth. Both apples and pears are often good and nutritious when baked or stewed, for those delicate constitutions that cannot bear raw fruit.

* The summer sickness among children is often caused by their eating too much meat, rich cakes, and high-seasoned, hearty food. During the hot months, they should eat mostly light cold bread, rice, milk, custards, &c., with good ripe fruits.

Much of the fruit gathered when unripe, might be rendered fit for food by preserving in sugar.

Ripe Currants are excellent for children. Mash the fruit, sprinkle with sugar, and with good bread let them eat of this fruit freely.

BLACKBERRY JAM.

Gather the fruit in dry weather; allow half a pound of good brown sugar to every pound of fruit; boil the whole together gently for an hour, or till the blackberries are soft, stirring and mashing them well. Preserve it like any other jam, and it will be found very useful in families, particularly for children—regulating their bowels, and enabling you to dispense with cathartics. It may be spread on bread, or on puddings instead of butter; and even when the blackberries are bought, it is cheaper than butter. In the country, every family should preserve, at least, a half peck of blackberries.

TO MAKE SENNA AND MANNA PALATABLE.

Take half an ounce, when mixed, senna and manna; put it in half a pint of boiling water; when the strength is abstracted, pour into the liquid from a pound of prunes and two large tablepoonfuls of West India molasses. Stew slowly until the liquid is nearly absorbed. When cold it can be eaten with bread and butter, without detecting the manna, and is excellect for costive children.

CURING MEATS, POTTING, AND COLLARING.

GENERAL DIRECTIONS.

MEAT intended for salting should hang a few days, till its fibres become short and tender, instead of being salted as soon as it comes from the market; though, in very hot weather, it may be requisite to salt as soon as possible; beginning by wiping dry, taking out the kernels and pipes, and filling the holes with salt.

Beef and pork, after being examined and wiped, should be sprinkled with water and hung to drain a few hours after, before they are rubbed with salt; this cleanses the meat from blood, and improves its delicacy. The salt should be rubbed in evenly; first, half the quantity of salt, and, after a day or two, the remainder. The meat should be turned every day, kept covered with the pickle, and rubbed daily, if wanted soon. The brine will serve for more than one parcel of meat, if it be boiled up, skimmed, and used cold.

In salting beef, the brisket and flat ribs should be jointed, so as to let in the salt, which should also be rubbed well into each piece; the meat should then be put down tightly in the salt-bin, the prime pieces at the bottom, and covered with salt; the coarse pieces being at the top, to be used first.

Bay-salt gives a sweeter flavour than any other kind. Sugar makes the meat mellow and rich, and is sometimes used to rub meat before salting. In frosty weather, warm the salt, to ensure its penetrating the meat.

Remember, that unless meat be quite fresh, it cannot be kept by salting. Neither will salt recover stale meat; for, if it be in the least tainted before it is put into the pickle, it will be entirely spoiled in one hot day.

In frosty weather, take care the meat is not frozen, and warm the salt in a frying-pan. The extremes of heat and cold are equally unfavourable for the process of salting. In the former, the meat changes before the salt can affect it; in the latter, it is so hardened, and its juices are so congealed, that the salt cannot penetrate it.

If you wish it red, rub it first with saltpetre, in the proportion of half an ounce, and the like quantity of moist sugar, to a pound of common salt.

In summer, canvass covers should be placed over salting-tubs to admit air and exclude flies, which are more destructive to salt than fresh meat.

As our book is designed for *country* as well as *city families*, we will give several receipts for curing meats, making brine, &c., which are chiefly important to the former.

PICKLE FOR BEEF, PORK, &c.

To four gallons of pump-water add eight pounds

and a half of Muscovado sugar or treacle, two ounces of saltpetre, and six pounds of bay or common salt. Boil the whole, and remove all the scum that rises; then take off the liquor, and, when cold, pour it over the meat, so as to cover it. This pickle is fine for curing hams, tongues, and beef, for drying; which, upon being taken out of the pickle, cleaned and dried, should be put into paper bags, and hung up in a warm place.

Another pickle is: six ounces salt and four ounces sugar to a quart of water, and one quarter of an ounce of saltpetre; to be boiled and skimmed.

A round of beef, of twenty-five pounds, will take a pound and a half of salt to be rubbed in at once, and requires to be rubbed and turned daily: it will be ready, but not very salt, in four or five days; if to be eaten cold, it will be finer flavoured, and keep better, for being a week in the brine.

An aitch-bone, of a dozen pounds' weight, will require three-quarters of a pound of salt, mixed with one ounce of coarse sugar, to be well rubbed into it for four or five days.

PICKLE FOR BEEF.

Allow to four gallons of water two pounds of brown sugar, six pounds of salt, and four ounces of saltpetre; boil it about twenty minutes, taking off the scum as it rises; the following day pour it over the meat which has been packed into the pickling-tub. Pour off this brine, boil and skim it every

two months, adding three ounces of brown sugar and half a pound of common salt. By this means it will keep good a year. The meat must be sprinkled with salt, and the next day wiped dry, before pouring the pickle over it; with which it should always be completely covered.

AN EXCELLENT PICKLE FOR HAMS, TONGUES, &c.

Take one gallon of water, one pound and a half of salt, one pound of brown sugar or molasses, one ounce of allspice, and one ounce of saltpetre; scald, skim, and let it cool. Rub the meat with salt, and let it lie two days; then pour the pickle over it. Let the hams remain from a fortnight to a month in this pickle, according to their size, turning them every day.

Care must be taken to secure bacon and hams from the fly. The best method is, to put them in coarse calico or canvass bags; paper is apt to break in damp weather. Always keep smoked meat in a dark place.

TO SALT BEEF.

To six pounds of common salt, add twelve ounces of brown sugar, six ounces of saltpetre, some bruised bay leaves, thyme, winter savoury, and sweet marjoram, with a few cloves and blades of mace; with this mixture rub the piece of beef for a few minutes every day for six days running, after which merely *turn it over in the* brine once a-day for six days. If

the beef is thin it will be ready for use. A round will take a fortnight longer. This receipt is suitable for every kind of salted meat.

TO SALT BEEF.

Another Way.

To four gallons of water, add six pounds of salt, one pound of sugar, four ounces of saltpetre; boil this mixture, and skim; when cold, immerse the meat to be preserved, and press with a weight; it is essential that the meat be covered. The same pickle may be used repeatedly, provided it be boiled up occasionally with additional salt to restore its strength, diminished by the combination of part of the salt with the meat, and by the dilution of the pickle by the juices of the meat extracted.

By boiling, the albumen, which would cause the pickle to spoil, is coagulated, and rises in the form of scum, which must be carefully removed.

TO SALT BEEF RED.

Choose a piece of beef with as little bone as you can (the flank is the best), sprinkle it, and let it drain a day; then rub it with common salt, a small proportion of saltpetre, bay salt, and a little coarse sugar; you may add a few grains of cochineal, all in fine powder. Rub the pickle every day into the meat for a week, then only turn it.

It will be excellent in eight days. In sixteen, drain it from the pickle; and let it be smoked at the

oven's mouth when heated with wood, or send it to a smoke-house. A few days will smoke it. It is extremely good eaten fresh from the pickle, boiled tender with greens or carrots. If to be grated, then cut a *lean* bit, boil it till extremely tender, and, while hot, put it under a press. When cold, fold it in a sheet of paper, and it will keep in a dry place two or three months, ready for serving on bread and butter.

WELSH BEEF.

Rub two ounces of saltpetre into a round of beef; let it remain an hour, then season it with pepper, salt, and a fourth portion of allspice; allow the beef to stand in the brine for fifteen days, turning it frequently. Work it well with pickle; put it into an earthen vessel, with a quantity of beef suet over and under it; cover it with a coarse paste and bake it, allowing it to remain in the oven for six or eight hours. Pour off the gravy, and let the beef stand till cold. It will keep for two months in winter, and will be found useful amid the Christmas fare in the country.

THE DUTCH WAY TO SALT BEEF.

Take a lean piece of beef, rub it well with treacle or brown sugar, and turn it often. In three days wipe it, and salt it with common salt and saltpetre beaten fine; rub these well in, and turn it every day for *a fortnight*. Roll it tight in a coarse cloth, and

press it under a heavy weight; hang to dry in wood-smoke, but turn it upside down every day. Boil it in pump-water, and press it: it will grate or cut into shivers, and makes a good breakfast dish.

To twelve pounds of beef the proportion of common salt is one pound.

TO SALT BEEF FOR IMMEDIATE USE, AND TO MAKE INTO SOUP.

Take the thin flank or brisket, cut it into pieces of the size you wish for your family—from three to seven pounds. Rub the pieces thoroughly with dry salt; then lay them in a tub, and cover it close. Turn the pieces every day; and, in a week, it will be excellent boiled with vegetables, or made into plain peas soup. It will last six weeks in this way.

Mutton may be salted in the same manner.

BEEF TONGUES.

These may be cured by any of the receipts which we have already given for pickling beef, or for hams and bacon. Some persons prefer them cured with salt and saltpetre only, and dried naturally in a cool and airy room. For such of our readers as like them highly and richly flavoured, we give our own method of having them prepared, which is this: Rub over the tongue a handful of fine salt, and let it drain until the following day; then, should it weigh from seven to eight pounds, mix thoroughly one ounce of

saltpetre, two ounces of the coarsest sugar, and half an ounce of black pepper; when the tongue has been well rubbed with these, add three ounces of bruised juniper berries; and when it has lain two days, eight ounces of bay salt dried and pounded; at the end of three days more, pour on it half a pound of treacle, and let it remain in the pickle a fortnight after this; then hang it to drain, fold it in brown paper, and send it to be smoked over a wood fire for two or three weeks. Should the peculiar flavour of the juniper berries prevail too much, or be disapproved, they may be in part, or altogether omitted; and six ounces of sugar may be rubbed into the tongue in the first instance when it is liked better than treacle.

Tongue, seven to eight pounds; saltpetre, one ounce; black pepper, half an ounce; sugar, two ounces; juniper berries, three ounces: two days. Bay salt, eight ounces: three days. Treacle, half a pound: fourteen days.

Observe.—Before the tongue is salted, the gullet, which has an unsightly appearance, should be trimmed away: it is indeed usual to take the root off entirely, but some families prefer it left on for the sake of the fat.

BEEF TONGUES.

A Suffolk Receipt.

For each very large tongue, mix with half a pound of salt two ounces of saltpetre and three-quarters of a *pound of the coarsest* sugar; rub the tongues daily,

and turn them in the pickle for five weeks, when they will be fit to be dressed, or to be smoked.

One large tongue; salt, half a pound; sugar, three-quarters of a pound; saltpetre, two ounces: five weeks.

TO DRESS BEEF TONGUES.

When taken fresh from the pickle they require no soaking, unless they should have remained in it much beyond the usual time, or have been cured with a more than common proportion of salt; but when they have been smoked and hung for some time, they should be laid for two or three hours in cold, and as much longer in tepid water, before they are dressed: if extremely dry, ten or twelve hours must be allowed to soften them, and they should always be brought very slowly to boil. Two or three carrots and a large bunch of savory herbs, added after the scum is cleared off, will improve them. They should be simmered until they are extremely tender, when the skin will peel from them easily. A highly-dried tongue will usually require from three and a half to four hours' boiling; an unsmoked one, about an hour less; and for one which has not been salted at all, a shorter time will suffice.

HUNG BEEF.

The Derrymane Receipt.

Rub the beef well with salt and saltpetre, in the proportion of two ounces of saltpetre and seven pounds

of salt to fifty pounds of beef. Put the beef into a cask or tub; place a board over it, and weights upon that; leave it so for about a fortnight; then take it out, and hang it in the kitchen to dry, which will generally take about three weeks. Some persons leave it for a longer time in the tub, which they merely cover, without the weight; but the above is the better way.

CHEAP HUNG BEEF.

Take the fleshy part of a leg of beef, salt it three days; then put it into a clean pan, and rub it with this mixture daily for a week: Four ounces of coarse sugar, one ounce of ground allspice, and one ounce of powdered saltpetre; next drain the beef, wrap it in brown paper, hang it in a chimney to dry, and in a month it will be fit to dress.

CURING PORK.

The pork being killed, several points require attention: first, the chitterlings must be cleaned, and all the fat taken off; they are then to be soaked for two or three days in four or six waters, and the fat may be melted for softening shoes, &c.; the inside fat, or flare, of pork, must be melted for lard as soon as possible, without salt, if for pastry. The souse should be salted for two or three days, and then boiled till tender; or fried or broiled, after being boiled. The sides for bacon must be wiped, rubbed at the bone, and *sprinkled with* salt, to extract the blood: the

chines, cheeks, and spare-ribs, should be similarly salted. On the third day after pork is killed, it may be regularly salted, tubs or pans being placed to receive the brine, which is useful for chines and tongues. December and January are the best months for preparing bacon, as the frost is not then too severe.

The hog is made into bacon, or pickled.

TO SALT FAT PORK.

Pack it down tightly in the barrel, each layer of pork covered with clean coarse salt; then make a strong brine with two gallons of water and as much coarse salt as will dissolve in it; boil and skim; let it stand till it is perfectly cold, and then pour it to the meat till that is covered. Pork is best without sugar or saltpetre, provided it be always kept covered with this strong brine.

BACON.

The method of curing Malines Bacon, so much admired for its fine flavour.

Cut off the hams and head of a pig, if a large one; take out the chine and leave in the spare-rib, as they will keep in the gravy, and prevent the bacon from rusting. Salt it first with common salt, and let it lie for a day on a table, that the blood may run from it; then make a brine with a pint of bay salt, one-quarter peck of common salt, about one-quarter pound of juniper berries, and some bay leaves, with as much water as will, when the brine is made, cover the

bacon; when the salt is dissolved, and when quite cold, if a new-laid egg will swim in it, the brine may be put on the bacon, which, after a week, must be rubbed with the following mixture:—Half pound of saltpetre, two ounces of sal-prunella, and one pound of coarse sugar; after remaining four weeks, it may be hung up in a chimney where wood is burned; shavings, with sawdust and a small quantity of turf, may be added to the fire at times.

WESTPHALIA HAMS

Are prepared in November and March. The Germans place them in deep tubs, which they cover with layers of salt and saltpetre, and a few laurel leaves. They are left four or five days in this state, and then are completely covered with strong brine. At the end of three weeks, they are taken out, and soaked twelve hours in clear spring water; they are then hung for three weeks in smoke, produced from the branches of juniper plants.

Another method is to rub the leg intended for a ham with half a pound of coarse sugar, and to lay it aside for a night. In the morning, it is rubbed with an ounce of saltpetre, and an ounce of common salt, mixed. It is then turned daily for three weeks, and afterwards dried in wood and turf-smoke. When boiled, a pint of oak sawdust is directed to be put into the pot or boiler.

Observe.—Dried meats, hams, &c., should be kept in a *cold but not* damp place.

Smoked provisions keep better than those which are dried, on account of the pyroligneous acid which the former receive from the smoke.

HAMS SUPERIOR TO WESTPHALIA.

Take the hams as soon as the pork is sufficiently cold to be cut up, rub them well with common salt, and leave them for three days to drain; throw away the brine, and for a couple of hams of from fifteen to eighteen pounds' weight, mix together two ounces of saltpetre, a pound of coarse sugar, and a pound of common salt; rub the hams in every part with these, lay them into deep pickling-pans with the rind downwards, and keep them for three days well covered with the salt and sugar: then pour over them a bottle of good vinegar, and turn them in the brine, and baste them with it daily for a month; drain them well, rub them with bran, and let them be hung for a month high in a chimney over a wood fire to be smoked.

Hams, of from fifteen to eighteen pounds each, two: to drain, three days. Common salt and coarse sugar, each, one pound; saltpetre, two ounces: three days. Vinegar, one bottle: one month. To be smoked one month.

POTTED BEEF.

Rub a piece of lean fleshy beef, about three pounds in weight, with an ounce of saltpetre powdered, and afterwards with two ounces of salt; put it in a pan

or salting-tray, and let it lie two days, basting it with the brine, and rubbing it into it each day. Then put the meat into an earthenware jar, just large enough to hold it, together with all the skin and gristle of the joint, first trimmed from it: add about a pint of water, put some stiff paste over the top of the jar, and place it in a slow oven to bake for four hours. When it is done, pour off the gravy, (which save to use for enriching sauces or gravies,) take out the gristle and the skin; then cut the meat small, and beat it in a mortar, adding occasionally a little of the gravy, a little fresh butter, and finely powdered allspice, cloves, and pepper, enough to season it. The more you beat and rub the meat, the better, as it will require so much less butter or gravy, which will assist it to keep the longer; but when potted beef is wanted for present use, the addition of gravy and butter will improve its taste and appearance. When it is intended for keeping, put it into small earthenware pots, or into tin cans, press it down hard, pour on the top clarified butter to the thickness of a quarter of an inch, and tie over it a piece of damp bladder.

To make potted meat more savoury, you may beat up with it the flesh of an anchovy or two, or a little minced tongue, or minced ham or bacon; or mushroom powder, curry powder, a few shalots, or sweet herbs of any kind, the flavour of whichever may be most agreeable.

Meat that has been stewed to make gravy, may

in mind in making potted beef; only adding the salt, seasoning, and flavouring in pounding it.

Potted ham, veal, or ox-tongue is made in the same manner, only varying the seasonings to suit the taste of the meat.

POTTED CHICKEN OR PARTRIDGE.

Roast the birds as for table, but let them be thoroughly done, for if the gravy be left in, the meat will not keep half so well. Raise the flesh of the breast, wings, and merrythought quite clear from the bones, take off the skin, mince, and then pound it very smoothly with about one-third of its weight of fresh butter, or something less, if the meat should appear of a proper consistence without the full quantity: season it with salt, mace, and Cayenne only, and add these in small portions until the meat is rather highly flavoured with both the last: proceed with it as with other potted meats.

TO POT BONED PIGEONS WHOLE.

Bone, truss, and pack them into a deep pan, with pepper, salt, and a little fine powder of thyme, or any sweet herb that may be agreeable, and a clove of garlic bruised and rubbed into the salt, and spices; cover with butter; bake them well covered. While they are yet warm, put them into the pots they are to be presented in; these pots ought to have close covers; press them well down, and lay a weight upon them; when cold put a little of the butter they

were baked in over them. If mushrooms can be had, pack them with the pigeons, or stuff them with them.

All birds that are potted should be boned, as they cut with less waste, and keep better.

PICKLES.

RULES TO BE OBSERVED WITH PICKLES.

Avoid as much as possible the use of metal vessels in preparing them. Acids dissolve the lead that is in the tinning of saucepans, and corrode copper and brass; consequently, if kept in such for any length of time, they become highly poisonous. When it is necessary to boil vinegar, do it in a *stone* jar on a stove.

Use also *wooden* spoons and forks.

See that the pickles are always completely covered with vinegar; and if any symptoms appear of their becoming mouldy, boil the vinegar again, adding a little more spice. It is a good rule to have two-thirds of the jar filled with pickles and one-third with vinegar; keep them also close stopped, as exposure to the air makes the pickle soft.

In greening pickles, keep them closely covered, so that none of the steam of the vinegar in which they are boiled be allowed to evaporate; and boil them

only for a few minutes, or it will take away their strength.

A very small quantity of alum will make them firm and crisp, but too much will spoil them.

The following is a good general proportion of spice:—To each quart of vinegar put half an ounce of whole black pepper, the same of ginger and all-spice, and one ounce of mustard seed, with four shalots, and two cloves of garlic.

Home pickles are not required to keep so long as those for sale, consequently the vinegar need not be so often boiled; it should, however, be almost invariably poured through a sieve upon the articles to be pickled. The jar should be covered for a time, say with a plate or board, but not tied over, so as to confine the steam.

The principal season for pickling is July and August.

CUCUMBERS.

If full-grown, the small long sort are the best for pickling. Let them be fresh gathered; pull off the blossoms, but do not rub them; pour over them a strong brine of salt and water boiling hot, cover them close, and let them stand all night. The next day stir them gently to take off the sand, drain them on a sieve, and dry them on a cloth; make a pickle with the best cider vinegar, ginger, pepper (long and round), and a little garlic. When the pickle boils, throw in the cucumbers, cover them, and make them

boil as quickly as possible for three or four minutes; put them into a jar with the vinegar, and cover them closely; when cold, put in a sprig of dill, the seed downward. They will be exceedingly crisp and green done in this manner; but if they do not appear to be of a fine colour, boil up the pickle the next day, and pour it boiling on the cucumbers.

TO PICKLE GHERKINS OR SMALL CUCUMBERS.

Choose nice young ones, spread them on dishes, salt them, and let lie a week, with a small bit of alum; then drain them, and, putting them in a jar, pour boiling vinegar over them. Set them near the fire, covered with plenty of vine leaves; if they do not become a tolerably good green, pour the vinegar into another jar, set it over the hot hearth, and when it becomes too hot to bear your hand, but still not to boil, pour it over them again, covering with fresh leaves; and thus do till they are of as good a colour as you wish. As an additional reason for preparing them at home, it is indeed well known that the very fine green pickles are made so by the dealers using brass or bell metal vessels, which, when vinegar is put into them, become highly poisonous.

If spices be not mixed among the pickle, put into the kettle in a thin muslin bag allspice, mace, and mustard-seed, to every quart of vinegar in the proportion of rather less than half an ounce each of the former to one ounce of the seed.

TO MAKE THE CELEBRATED PICKLE CALLED POKE-MELIA.

Put a layer of white oak leaves and black currant leaves at the bottom of an oak cask; then put a layer of cucumbers; strew some horseradish, garlic, race-ginger, whole pepper, allspice, and cloves, then a layer of leaves, cucumbers, spice, &c., &c., and so on until the cask is full. Add half a gallon of good cider vinegar, and fill the cask up with salt and water strong enough to bear an egg.

MANGOES.

Although any melon may be used before it is quite ripe, yet there is a particular sort for this purpose, which the gardeners know, and should be mangoed soon after they are gathered. Cut a small piece out of one end, through that take out the seeds, and mix with them mustard seed and shred garlic; stuff the melon as full as the space will allow, and replace the cut piece. Bind it up with pack-thread. To allow for wasting, boil a good quantity of vinegar, with pepper, salt, ginger, and any of the sweet spices; then pour it boiling hot over the mangoes during four successive days; and on the last, put flour of mustard and scraped horseradish into the vinegar, just as it boils up. Stop close. Observe that there be plenty of vinegar, as pickles are spoiled if not well covered. Large cucumbers, called "green turley," prepared in the same way, are excellent, and are sooner fit to be eaten.

MANGOES.

Another Way.

Musk melons should be picked for mangoes, when they are green and hard. They should be cut open after they have been in salt water ten days, the inside scraped out clean, and filled with mustard-seed, allspice, horseradish, small onions, &c., and sewed up again. Scalding vinegar poured upon them.

TO PICKLE WALNUTS.

The walnuts for this pickle must be gathered while a pin can pierce them easily, for when once the shell can be felt, they have ceased to be in a proper state for it. Make sufficient brine to cover them well, with six ounces of salt to the gallon of water; take off the scum, which will rise to the surface as the salt dissolves, throw in the walnuts, and stir them night and morning; change the brine every three days, and if they are wanted for immediate eating, leave them in it for twelve days; otherwise, drain them from it in nine days, spread them on dishes, and let them remain exposed to the air until they become black; this will be in twelve hours or less. Make a pickle for them with something more than half a gallon of vinegar to the hundred, a teaspoonful of salt, two ounces of black pepper, three ounces of bruised ginger, a drachm of mace, and from a quarter to half an ounce of cloves (of which some may be stuck into three or four small onions), and four ounces of mustard seed. Boil the whole of these together for about five minutes,

have the walnuts ready in a stone jar or jars, and pour it on them as it is taken from the fire. When the pickle is quite cold, cover the jar securely, and store it in a dry place. Keep the walnuts always well covered with the vinegar, and boil that which is added to them.

Walnuts, one hundred; in brine made with twelve ounces of salt to two quarts of water, and changed twice or more, nine or twelve days. Vinegar, full half gallon; salt, one teaspoonful; whole black pepper, two ounces; ginger, three ounces; mace, one drachm; cloves, quarter to half an ounce; small onions, four to six; mustard seed, four ounces: five minutes.

TO PICKLE BEETS.

Wash it, but do not cut off any of the rootlets; boil or bake it tender, peel it, or rub off the outside with a coarse cloth, cut it into slices, put them into a jar, with cold boiled vinegar, black pepper, and ginger. This is one of the most ornamental pickles brought to table.

TO PICKLE ONIONS.

Choose all of a size, peel them, and pour on them boiling salt and water; cover them up, and, when cold, drain the onions, and put them into jars and bottles; for *white* or *silver*, fill up with hot distilled vinegar; for *brown*, white wine vinegar; in either case, adding ginger, two or three blades of mace, and whole pepper.

The onions are sometimes put into milk and water immediately after they are peeled, to preserve their colour.

Another method, by which crispness is insured, is to soak the onions in brine for three or four days, then drain them, and pour on them cold boiled vinegar with spice.

TO PICKLE TOMATOES.

Wash the tomatoes; puncture them slightly with a pointed stick about the size of a straw. Then fill a jar with alternate layers of tomatoes and salt; let them stand for eight or ten days. Then to each gallon of tomatoes add two bottles of powdered mustard; four ounces of ground ginger; four ounces of pepper, slightly bruised; one ounce of cloves; and twelve onions sliced. Put these ingredients in layers through the tomatoes, and cover the whole with strong vinegar.

TO PICKLE MUSHROOMS.

Select the smallest buttons, rub them with flannel and salt, removing any red inside, and rejecting such as are black underneath. As they are cleaned, throw them into cold water to keep their colour; then put them into a stewpan with some salt, over a slow fire, until they are dry, when cover them with distilled vinegar, and warm; put them into wide-mouthed bottles, with a blade or two of mace in each, and when quite cold, cork and cement.

TO PICKLE RED AND WHITE CABBAGE.

Choose the purple red cabbage, take off the outside leaves, quarter them, cut out the stalk, shred the cabbage into a cullender or small basket, and sprinkle it with common salt; let the cabbage remain a day or two, when drain it, put it into jars, and fill up with boiling vinegar, the usual quantity of ginger and black pepper, and a few grains of cochineal, powdered, or a few slices of beet-root.

Or: If the boiled vinegar be poured over the cabbage, it will better insure its crispness; though the cabbage will not keep so long as when pickled with boiling vinegar.

White Cabbage may also be pickled as above, with the addition of a little turmeric powder.

TO PICKLE NASTURTIUMS.

Choose them young, and soak them twelve hours in brine; drain and pour on them boiling vinegar, with whole black pepper and allspice. They are sometimes used as economical substitutes for capers; and the flowers and young seeds are used in salads.

TO PICKLE GREEN PEPPERS.

The peppers must be pickled when half ripe, and the smallest ones chosen. Make a small hole at the top and another at the bottom of the pepper, and extract the core and seeds. A penknife should be used in performing this operation. Simmer the peppers for a whole day in salt and water over a very mode-

rate fire; stir them every once and awhile, that those at the bottom may not burn. Leave them over night to cool, and the next morning lay them gently into a jar, sprinkle a small quantity of mustard over them, and fill up the jar with cold vinegar.

LEMON PICKLE.

Peel six large lemons; cut them in quarters, lay them on a dish, and strew over them half a pound of salt, turning them every day for a week. Then put them into a stone jar; add six large cloves of garlic, two ounces of horseradish shred very thin; of cloves, mace, nutmeg, and Cayenne, each a quarter of an ounce; two ounces of mustard-seeds, bruised and tied up in a bit of thin muslin; and two quarts of the best vinegar. Cover the jar, and set it in a pan of boiling water; let it boil ten minutes, then set it in the oven, or anywhere that it may simmer gently, for two hours. Keep the jar closely covered, stirring it every day for six weeks; and when settled, strain it and bottle for use. Another quart of vinegar may be added to the ingredients, and boiled up, which will make a very good pickle for common purposes, or the lemon may be added to any mixed pickles.

VINEGAR-MAKING.

It will be economical to make vinegar at home, as it is an article of great profit, and the ingredients are very cheap; or, in some cases would be thrown away if not so employed. Such are the fruits from which wine has been made.

Vinegar-making requires great attention, especially to the casks used for it; they should not remain empty to grow musty; and a cask that has not before contained vinegar, should have boiling vinegar poured into it, and be allowed to stand some hours.

Ropiness in vinegar should not discourage the maker; it is not a defect in the domestic process only, but is incidental to all vinegar made by fermentation; though less likely to occur in wine-vinegar, which is the purest kind.

CIDER VINEGAR.

Fill nearly a cask with cider, set it in a warm situation, with the bung-hole loosely covered over; the cider will then begin to sour, and in six months will become vinegar. It should then be racked off, and kept either in bottles or casks, taking care to decant it when it gets thick or *mothery*. Should the vinegar prove weak, it may be strengthened by the addition of small quantities of sugar. Cider that has

not kept well, and has soured, will be the most economical and convenient for conversion into vinegar; the change will also be effected in a shorter space of time.

SUGAR VINEGAR.

To every gallon of water put two pounds of coarse brown sugar. Boil and skim this. Put it to cool in a clean tub; when about lukewarm, add a slice of bread soaked in fresh yeast. Barrel it in a week, and set it in the sun in summer, or by the fire in winter for six months, without stopping the bung-hole; but cover it with thin canvass or an inverted bottle to keep out the flies.

Observe.—If vinegar of extra quality is wanted, use common loaf sugar.

PYROLIGNEOUS ACID.

This acid is applicable to all the purposes for which vinegar is employed, and, if diluted with water will form vinegar of any strength. One pint of the acid, and six pints and a half of water, will form the strongest pickling vinegar. One pint of the acid, and nine pints of water, are equal to the excellent pickling vinegar, which is proper for pickling most kinds of vegetables, for salads, table, or culinary and family uses. In diluting the acid with water, it is only necessary to stir both well together.

This acid, also, if applied to meat, fish, or game, will completely remove must, taint, or incipient pu-

reduction. It is used in the same manner as brine for immersing raw or cooked meats.

TO STRENGTHEN VINEGAR.

Expose a vessel of vinegar to the cold of a very frosty night: next morning ice will be found in it, which, if thawed, will become pure water. The vinegar being freed from so much water, will consequently be more acid than before; and the vinegar may thus be frozen again and again, until it becomes of the desired strength.

HORSERADISH VINEGAR.

On four ounces of young and freshly-scraped horseradish pour a quart of boiling vinegar, and cover it down closely: it will be ready for use in three or four days, but may remain for weeks, or months, before the vinegar is poured off. An ounce of minced eschalot may be substituted for one of the horseradish, if the flavour is liked.

BASIL VINEGAR.

Half fill a bottle with the green leaves of sweet basil, fill it up with vinegar, cork it, and let it stand for a fortnight: then strain it, and bottle it for use.

TARRAGON VINEGAR

Is made by infusing the leaves of tarragon, in the same manner as directed for basil vinegar.

PEPPER VINEGAR.

Take six large red peppers, slit them up, and boil them in three pints of strong vinegar. Boil them down to one quart. Strain and bottle it for use. It will keep for years.

FLAVOURED VINEGARS.

These are a cheap and agreeable addition to sauces, hashes, &c. Infuse one hundred red chilies, fresh gathered, into a quart of good vinegar; let them stand ten days, shaking the bottle every day. A half ounce of Cayenne will answer the same purpose. This is good in melted butter for fish sauce, &c.

THE STORE-CLOSET.

SAUCES.

A WELL-SELECTED stock of these will always prove a convenient resource for giving colour and flavour to soups, gravies, and made dishes; but unless the consumption be considerable, they should not be over abundantly provided, as few of them are improved by age, and many are altogether spoiled by long keeping, especially if they be not perfectly secured from the air by sound corking, or if stored where there is the slightest degree of damp. To prevent loss, they *should* be examined at short intervals, and

at the first appearance of mould or fermentation, such as will bear the process should be reboiled, and put, when again quite cold, into clean bottles; a precaution often especially needful for mushroom ketchup when it has been made in a wet season. This, with walnut ketchup, Harvey's sauce, cavice, lemon pickle, Chili, cucumber, and eschalot vinegar, will be all that is commonly needed for family use, but there is at the present day an extensive choice of these stores on sale.

UNIVERSAL SAUCES.

Any of the following will be found good:—

1. Half an ounce each of black pepper and pounded allspice, one ounce of salt, half an ounce of minced shalot, one pint of mushroom ketchup, a tablespoonful of port wine, and a teaspoonful of Chili vinegar. Set the bottle for twenty-four hours in a heat of about ninety degrees of Fahrenheit; let it stand for a week, then strain it off and bottle it. A spoonful mixed with gravy is excellent for cutlets.

2. A wine glass each of mushroom and walnut ketchup, port wine, lemon pickle, and Chili vinegar, with half a glass of essence of anchovy. Put all together into a bottle, and shake it well; it will be ready for immediate use, and greatly improve any sauce that needs pungency.

3. Instead of anchovy, put the same quantity of soy, either with or without shalot or garlic vinegar *in lieu* of lemon pickle.

4. Mix two spoonfuls of Indian soy with half a pint of vinegar, half quarter ounce of Cayenne pepper, and a small quantity of garlic. Let the whole stand for some time in bottle. It will be found an excellent relish for fish or cold meat.

TOMATO KETCHUP.

Excellent.

Boil one bushel of tomatoes until they are soft; squeeze them through a fine wire sieve, and add half a gallon of vinegar; one pint and a half of salt; two ounces of cloves; quarter pound of allspice; three ounces of Cayenne pepper; three tablespoonfuls of black pepper, five heads of garlic, skinned and separated.

Mix these together and boil about three hours, or until reduced one half. Then bottle without straining.

It you want half the quantity, take half of the above.

MUSHROOM KETCHUP.

Take the large flaps of mushrooms gathered dry, and bruize them; put some at the bottom of an earthen pan; strew salt over them, then put on another layer of mushrooms, then salt, and so on till you have done. Let them stand a day or two, stirring them every day. Strain the liquor through a flannel bag, and to every gallon of liquor add one quart of red wine, and half an ounce of mace, half an ounce of cloves, half an ounce of allspice, with a race or two

of cut ginger; if not salt enough add a little more; boil it till one quart is wasted; strain it into a pan, and let it get cold. Pour it from the settlings, bottle it, and cork it tight.

WALNUT KETCHUP.

Take one hundred walnuts when a pin may be thrust through them; beat them in a mortar and pass them through a flannel bag; add to the juice three tablespoonfuls of salt, and as much vinegar as will give them a sharpness. Boil it in a bell-metal pan; skim it well; put quarter of an ounce each of mace, cloves, and nutmegs, and a little whole pepper, all beat together. When it is of the colour of claret, it is done enough. When cold, bottle it, and it will last for years.

LEMON PICKLE.

Peel, very thinly, six lemons, take off the white, and cut the pulp into slices, taking out the seeds. Put the peel and pulp into a jar, sprinkling between them two ounces of bay-salt; cover the jar, and let it stand three days; then boil in a quart of vinegar six cloves, three blades of mace, two or three shalots, and two ounces of bruised mustard-seed; pour it boiling over the lemons in the jar, and when cold tie over; in a month, strain, and bottle the liquor, and the lemons may be eaten as pickle. The above is a useful sauce, especially for veal cutlets, and minced veal.

QUIN'S SAUCE.

Mix a quarter of a pint of walnut ketchup with half a pint of water, half a glass of soy, and a quarter of a pint of port or raisin wine; add six anchovies, beaten to a paste, or a gill of essence, six sliced shalots, and a quarter of an ounce of chilies; simmer all slowly for half an hour, then let the mixture stand a few days, when it may be strained and bottled for use.

This and other store sauces can only be refined by passing them through a flannel or felt bag.

TO PREPARE MUSTARD FOR THE DINNER TABLE.

Mix an ounce of the best flour of mustard with a teaspoonful of salt; when they are well blended together, add eight teaspoonfuls of cold water, a little at a time, and stir and rub it well together with a wooden spoon till it is quite smooth; the more pains taken in stirring and rubbing the better the mustard will be. Mustard is best if made only an hour before it is wanted; and it will get dry and spoil in a few hours, if left uncovered.

Scraped horseradish may be boiled in the water used to mix mustard; and Cayenne pepper, and other pungent additions, are sometimes made to mustard. Milk is used by some, and vinegar by others, instead of water, and sugar instead of salt, in mixing mustard; but we think these by no means improvements.

MUSHROOM POWDER.

Peel large, fleshy, button mushrooms, and cut off

the stems; spread them on plates, and dry them in a slow oven. When thoroughly dry, pound them with a little Cayenne and mace; bottle and keep the powder in a dry place. A teaspoonful of this powder will give the mushroom flavour to a tureen of soup, or to sauce for poultry, hashes, &c.

POWDER OF FINE HERBS FOR FLAVOURING SOUPS AND SAUCES, WHEN FRESH HERBS CANNOT BE OBTAINED.

Take dried parsley two ounces; of lemon-thyme, summer savory, sweet marjoram, and basil, one ounce each; dried lemon peel, one ounce; these must be dried thoroughly, pounded fine, the powder mixed, sifted, and bottled. You can add celery seeds if liked.

HORSERADISH POWDER.

In the beginning of winter, slice horseradish, and dry it slowly before the fire. When dry, pound and bottle.

MIXED SPICES AND SEASONINGS.

Dry and pound fine *one ounce* of black pepper; of nutmeg, ginger, and cinnamon *half an ounce* each, and a dozen cloves. Mix the whole together and bottle tightly: use for flavouring forcemeats and gravies.

SEASONINGS FOR WHITE SAUCE, FRICASSEES, AND RAGOUTS.

White pepper, nutmeg, mace, and lemon peel—*e*qual quantities pounded together.

OF DINNER PARTIES AND CARVING

MANAGEMENT OF A DINNER.

As a dinner affords the best proof of the management of a household, a few hints upon the subject may be useful to the heads of families.

The comfort of dinner-guests depends much upon the proper regulation of the temperature of the dining-room. In hot weather, this may be effected by ventilation and blinds. In winter, there is little difficulty to accomplish this with a bright blazing fire, and due care.

In families where a dinner is seldom given, it is better to hire a cook to assist in dressing the dinner, than to engage an uninformed person.

In selecting dinners, you should provide for the party such dishes as they are not most used to, and those articles which you are most in the way of procuring of superior quality.

Large dinner parties, as fourteen or sixteen in number, are rarely so satisfactory to the entertainer or the guests as small parties of six or eight persons. The latter, especially, are pleasant numbers.

Everything that unites elegance with comfort, should be attended to, but elegance ought to give way at all times to comfort. Two or three cloths *make the table* look much handsomer; and it is

astonishing how meagre, to an eye accustomed to that style, a table with only one appears; but this may be easily obviated, if the cloth is not removed during the service, by having a stout coarse one under it, or a scarlet cloth under a fine thin damask, gives it an imperceptible glow; but, if such is used, the cloth must not be taken off, as nothing can look well in removing but linen. A scarlet cloth, fitted to the table, and laid between the table-cloths, preserves the polish, as well as adds to the appearance.

Finger Glasses, half filled with water, should be got ready to be set upon the table with the dessert.

Bread should never be cut less than one inch and a half for dinner.

To ensure a well-dressed dinner, provide enough, and beware of the common practice of having too much. The table had better appear rather bare than crowded with dishes not wanted, or such as will become cold before they are partaken off. This practice of overloading tables is not only extravagant but troublesome. The smaller the dinner, when sufficient, the better will be the chance of its being well cooked.

Vegetables, in abundance and well dressed, are important in a dinner; and it is a good plan to serve a fresh supply with each dish, to ensure them hot. In France, more attention is paid to the dressing of vegetables than in England; and the French, consequently, produce these cheap luxuries in high perfection.

Before a dish is placed upon the table, its sauces and vegetables should be set in their proper places.

Between the serving of each dish should be a short interval, which will not only be pleasant to the guests, but will give time to the cook and attendants.

There should be a reserve of sauces as well as of vegetables; for nothing lessens the enjoyment of a dinner so much as a short supply of these adjuncts.

A chief point to be attended to for a comfortable dinner is, to have what you want, and when you want it. It is vexatious to wait for first one thing and then another, and to receive these little additions, when what they belong to is half or entirely finished.

One or more sets of cruets, according to the size of the party, should be placed upon table; the cruets should contain such articles as are continually wanted, and special attention should be paid to the freshness of their contents, as of fish sauces.

Much money is often unnecessarily expended in pastry and desserts. A few kinds of ripe fruit, in season, and not forced, are sufficient; though the morning is the best time for eating fruit.

Wines should vary with the seasons; light wines are best in summer; in winter, generous wines are preferred. White wine is drunk with white meats, and red with brown meats. Light wines are suitable to light dishes, and stronger wines to more substantial dishes. In summer, wine and water, cooled by a piece of ice being put into it, is a luxury; as is

also a bottle of iced water (the best beverage) and bottled porter iced.

Wine is often set upon the table before it is wanted, for show; so that it loses its proper temperature before it is required to be drunk.

Do not press persons to eat more than appears agreeable to them, nor insist upon their tasting any particular dish.

It is a good custom to send coffee into the dining-room before the gentlemen leave the table. The hour for sending in the coffee should be previously appointed, so that the bell need not be rung for it. Two or three hours are a proper interval between the dinner hour and coffee.

Servants who wait at table should wear clean white linen gloves.

There are a few points of the etiquette of a dinner-party, which it may be useful to particularize.

The members of the party having assembled, the master or mistress of the house should point out which lady each visitor is to take into the dining-room, the married having precedence of the single.

The lady of the house should take the head of the table, and be supported by the two gentlemen of the most consideration, who should assist her to carve. The gentleman of the house should take the bottom of the table, and on each side of him should be seated the two ladies whose age or station gives them precedence.

As well-bred people arrive as punctually as they

can to the appointed hour, the dinner should not be kept waiting after that time.

In serving soup, one ladleful to each plate is sufficient.

A knife applied to fish is likely to spoil the delicacy of its flavour; so that a slice only should be used in helping fish.

Do not pour sauce over meat or vegetables, but a little on one side.

In helping at table, never employ a knife where you can use a spoon.

In giving dinners, avoid ostentation, which will not only be very expensive, but will make your guests uncomfortable. Again, it is not merely the expense, but the trouble and fuss of dinner-giving on the extravagant system, that checks the extended practice of giving dinners, and imposes a restraint upon sociable enjoyment.

ON CARVING.

One of the most important acquisitions in the routine of daily life is the ability to carve well, and not only well but elegantly. It is true that the modes now adopted of sending meats, &c., to table are fast banishing the necessity for promiscuous carving from the elegantly served boards of the wealthy; but in the circles of middle life, where the refinements of cookery are not adopted, the utility of a skill in the use of a carving knife is sufficiently obvious.

Moreover, the art of carving is a very requisite branch of domestic management; it not only belongs to *the honours of the table*, but is important in an economical point of view; for a joint of meat ill carved, will not serve so many persons as it would if it were properly carved.

Ladies ought especially to make carving a study; at their own houses they grace the table, and should be enabled to perform the task allotted to them with sufficient skill to prevent remark, or the calling forth of eager proffers of assistance from good-natured visitors near, who probably would not present any better claim to a neat performance.

In the first place, whatever is to be carved should be set in a dish sufficiently large for turning it if necessary; but the dish itself should not be moved from its position, which should be so close before the

carver as only to leave room for the plates. The carving-knife should be light, sharp, well-tempered, and of a size proportioned to the joint, strength being less required than address in the manner of using it. Large solid joints, such as ham, fillet of veal, and salt beef, cannot be cut too thin; but mutton, roast pork, and the other joints of veal should never be served in very slender slices.

There are certain choice cuts, or delicacies, with which a good carver is acquainted; among them are the sounds of cod-fish, the thin or fat of salmon, the thick and fins of turbot; the fat of venison, lamb, and veal kidney, the pope's eye in a leg of mutton, the ribs and neck of a pig; the breast and wings of a fowl, the legs and back of a hare, and its ears being by some persons considered a great delicacy; the breast and thighs (without the drumsticks,) of turkey and goose, the wings and breast of game, and the legs and breast of ducks.

Fish should be helped with a silver slice or trowel, care being taken not to break the handsome flaky pieces; a portion of the liver and roe should be served to each person.

Much of the enjoyment of the party will depend on the stuffing, gravies, sauces, &c., being fairly apportioned to each plate.

By aid of the following instructions, occasional practice, and by closely observing "good carvers," the learner may soon become proficient in this important branch of the honours of the table.

FISH.

The carving of fish calls for but little observation, as it is always cut with a silver trowel, or a knife and fork made for the purpose (see Engraving); and should never be approached by steel; but, in helping it, care should be taken to avoid breaking the flakes, which should be kept as entire as possible.

COD'S HEAD AND SHOULDERS.

Take off slices quite down to the bone, in the direction from 1 to 2, and as low as 3 (see Engraving). With each slice of fish give a piece of the sound, which lies underneath the back-bone and lines it, and may be found by passing the slice under the bone. A few choice parts are in and about the head, as the soft part about the jaw-bone, and the palate and tongue, to be taken out with a spoon.

SALMON,

And all short-grained fish, should be cut lengthwise, and not across; portions of the thick and thin being helped together.

HADDOCK

Is served like cod—but the head is worthless.

MACKEREL

Are commonly served up head to tail, and a slice cut lengthwise from the bone.

SIRLOIN OF BEEF.

The under part of the sirloin should be first served, and carved, as indicated in the Engraving, across the bone. In carving the upper part, the same directions should be followed as for the ribs, carving either side, or in the centre, from A to B, and helping the fat from D.

RIBS OF BEEF.

The best manner of carving this joint is to cut across the bone, commencing in the centre, and serving fat from A, as marked in the Engraving of the *sirloin*. Another way is to carve the slices from A to C, commencing either in the centre of the joint or at the sides. When the bones are removed, and the meat formed into a fillet, it should be carved as a round of beef.

A ROUND [BUTTOCK] OR AITCH BONE OF BEEF.

Is usually boiled, and requires no print to point out how it should be carved. A thick slice should be cut off all round the buttock, that your friends may be helped to the juicy and prime part of it. The outside thus cut off, thin slices may then be cut from the top; but as it is a dish that is frequently brought to table cold a second day, it should always be cut handsome and even. When a slice all round would be considered too much, the half, or a third, may be given with a thin slice of fat. On one side there is a part whiter than *ordinary*, by some called the white muscle.

In some places a buttock is generally divided, and this white part sold separate, as a delicacy; but it is by no means so, the meat being coarse and dry; whereas the darker coloured parts, though apparently of a coarser grain, are of a looser texture, more tender, fuller of gravy, and better flavoured; and men of distinguishing palates ever prefer them.

FILLET OF VEAL.

Should be cut in thin, smooth slices, with a little fat to each: cutting also a thin slice from the stuffing, which lies within the flap. The brown outside is much liked by some persons.

THE BREAST OF VEAL.

Separate the ribs from the brisket, cutting from A to B: these small bones, which are the sweetest, and mostly chosen, you will cut as at D D D, and serve: the long ribs are divided as at C C C (see Engraving), and having ascertained the preference of the persons, help accordingly: at good tables the scrag is not served, but is found, when properly cooked, a very good stew.

LOIN OF VEAL.

This joint is sent to table served as a sirloin of beef. Having turned it over, cut out the kindney and the fat, return it to its proper position, and carve it as in the neck of veal, from B to A; help with it a slice of kidney and fat. The kidney is

usually placed upon a dry toast when removed from the joint.

SHOULDER OF VEAL

Is sent to table with the under part placed uppermost. Help it as a shoulder of mutton, beginning at the knuckle end.

CALF'S HEAD.

There is much more meat to be obtained from a calf's head by carving it one way than another. Carve from A to B, cutting quite down to the bone (see Engraving). At the fleshy part of the neck end you will find the throat sweetbread, which you can help a slice of with the other part; you will remove the eye with the point of the knife and divide it in half, helping those to it who profess a preference for it; there are some tasty, gelatinous pieces around it, which are palatable. Remove the jaw-bone, and then you will meet with some fine-flavoured lean; the palate, which is under the head, is by some thought a dainty, and should be proffered when carving.

LEG OF MUTTON.

The under or thickest part of the leg should be placed uppermost, and carved in slices moderately thin. Many persons have a taste for the knuckle, and this question should be asked, and if preferred, should be assisted. When cold, the back of the leg should be placed uppermost, and thus carved.

A SHOULDER OF MUTTON

Affords a variety of cuts, fat and lean, and should be laid in the dish back uppermost. The leaner parts should be cut straight to the bone, from 1 to 2; the most delicate slices, however, may be cut on each side of the blade-bone, 3 to 4; the finest fat lies at 5 (see Engraving), and should be cut in thin slices. The under side affords many nice cuts of fat and lean intermixed. The most tender of the lean is under the blade-bone, and is called the oyster-cut.

A SADDLE OF MUTTON.

Cut moderately thick slices, longwise, from the tail to the end, on each side the back-bone; if they be too long, divide them: cut fat from the sides or flaps.

HAUNCH OF MUTTON

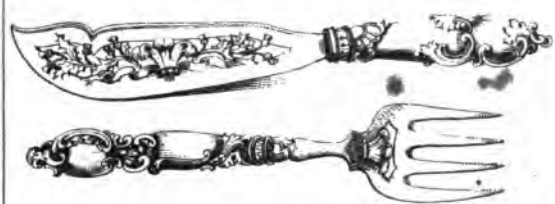
Should be carved as venison.

LOIN OF MUTTON.

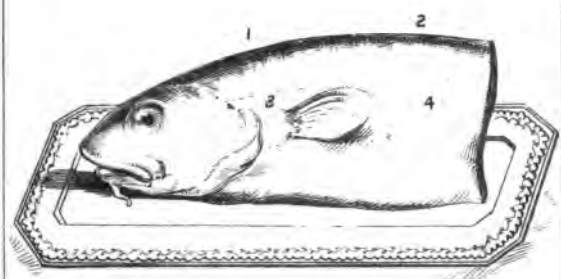
Cut the joints into chops, and serve them separately; or cut slices the whole length of the loin; or run the knife along the chine-bone, and then slice it, the fat and lean together.

NECK OF MUTTON.

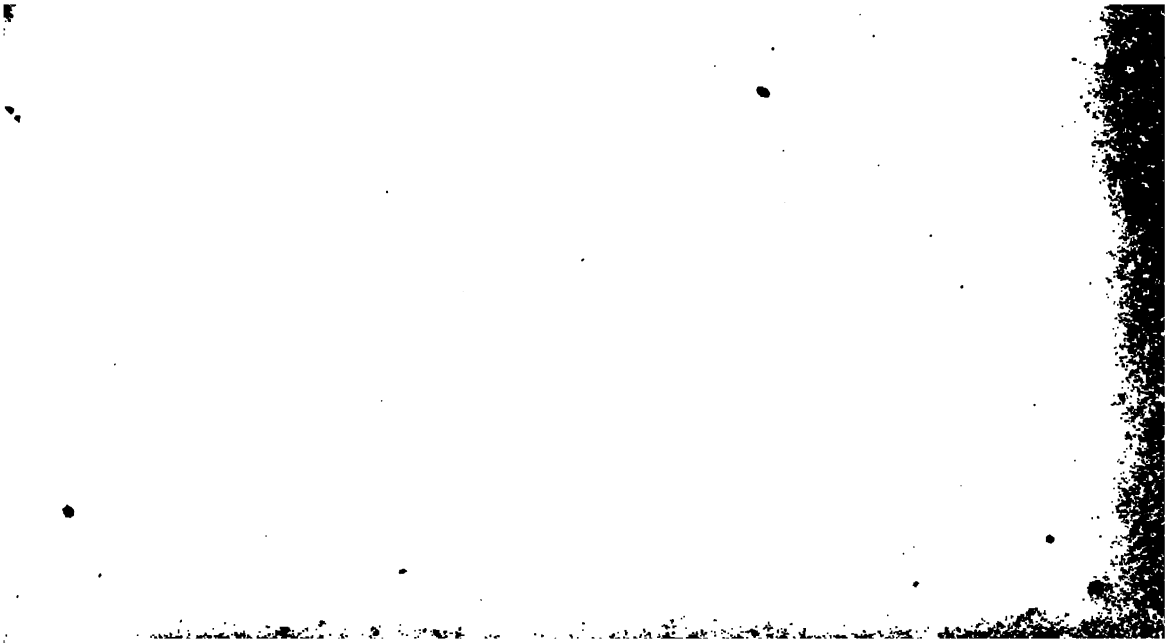
It should be prepared for table as follows:—Cut off the scrag: have the chine-bone carefully sawn off, and also the top of the long bones (about one inch

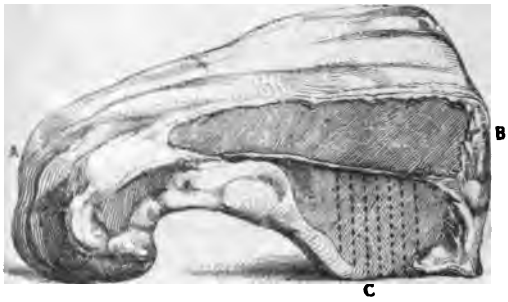


FISH KNIFE AND FORK.

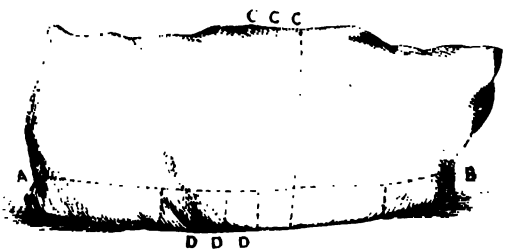


COD'S HEAD AND SHOULDERS.

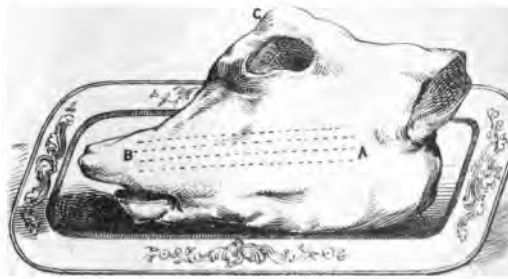




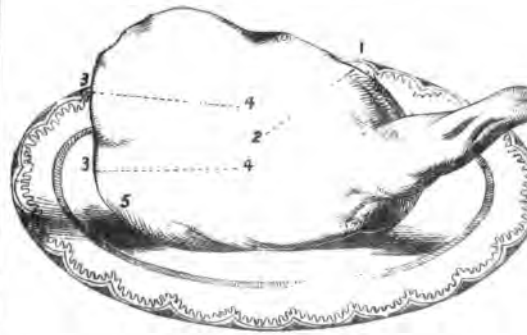
SIRLOIN OF BEEF.



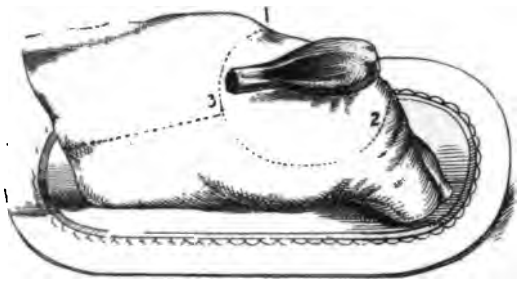
BREAST OF VEAL.



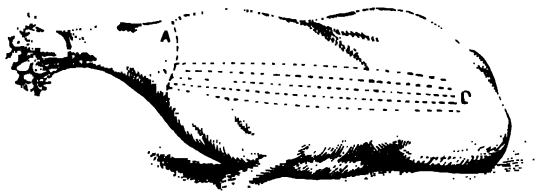
CALF'S HEAD.



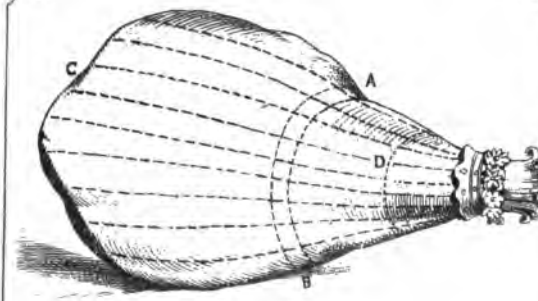
SHOULDER OF MUTTON.



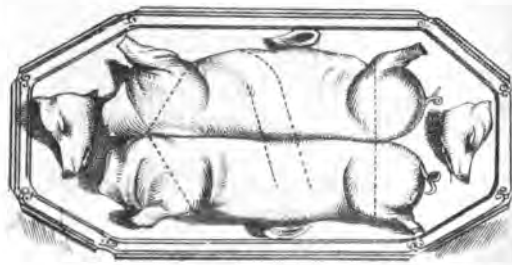
FORE-QUARTER OF LAMB.



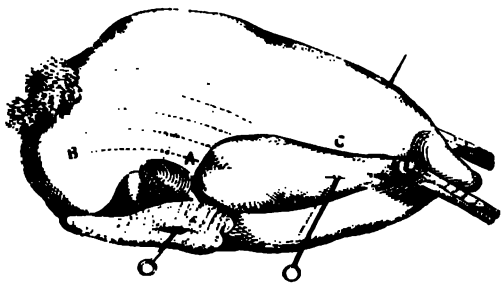
HAUNCH OF VENISON.



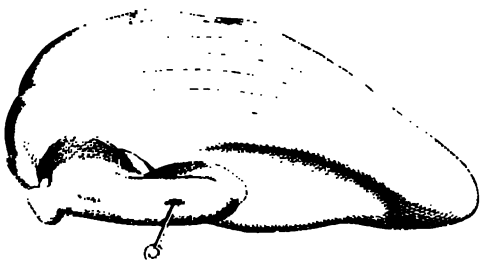
HAM.



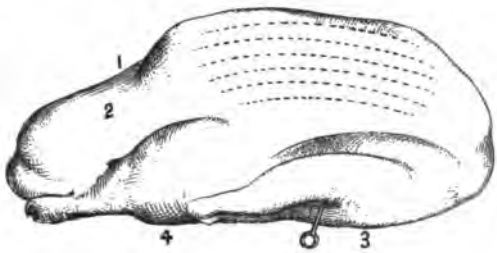
ROAST PIG.



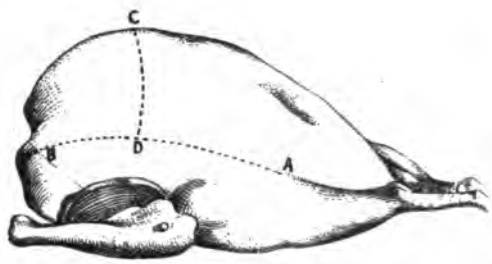
ROAST TURKEY.



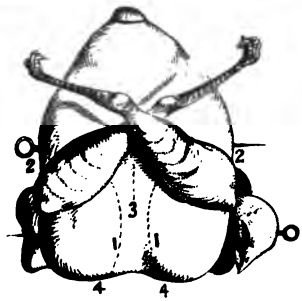
BOILED TURKEY.



GOOSE.

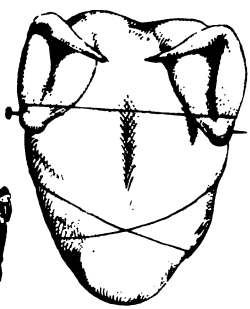


ROAST FOWL.

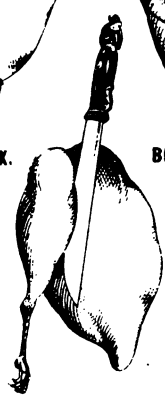


PARTRIDGE.

BOILED FOWL, BACK.



BOILED FOWL, BREAST



and a half), and the thin part turned under; carve in the direction of the bones.

THE SCRAG OF MUTTON,

When roasted, is very frequently separated from the ribs of the neck, and in that case the meat and bones may be helped together.

A LEG OF LAMB

Is carved as a leg of mutton. A leg of mutton or lamb, roasted or boiled, should be laid in the dish back downwards.

A FORE-QUARTER OF LAMB.

Cut round the shoulder in the direction of 1, 2, and 3; then lift up the shoulder, and squeeze between it and the ribs the juice of half a lemon, with a slice of butter, some pepper and salt; replace the shoulder, and presently remove it to another dish, to be cut as a shoulder of mutton. Then separate the neck from the ribs, in the line from 3 to 4 (see Engraving), and serve according to choice. A ruffle of white paper should be placed round the shank of the shoulder, for the convenience of lifting it while seasoning, &c.

PORK.

The leg when sent to table should be placed with the back uppermost, and the crackling be removed; if sufficiently baked, this may be done with ease; the meat should be served in thin slices cut across the

leg, the crackling being served with it or not, according to taste; the loins are cut into the pieces as scored by the butcher.

BOILED TONGUE.

Carve across the tongue, but do not cut through; keep the slices rather thin, and help the fat from underneath.

HAM.

It is served as placed in the Engraving, and should come to table ornamented. Carve from A to B, cutting thin slices out slantingly, to give a wedge-like appearance. Those who prefer the *hock* carve at D, in the same direction as from A to B, then carve from D to C, in thin slices, as indicated in the Engraving.

SUCKING PIG.

The cook should send a roast pig to table as displayed in the Engraving, garnished with head and ears; carve the joints in the direction shown by the lines in the Engraving, then divide the ribs; serve with plenty of sauce; should one of the joints be too much, it may be separated; bread sauce and stuffing should accompany it.

The carving of both *winged game* and *poultry* requires more delicacy of hand, and nicety in hitting

the joints, than the cutting of large pieces of meat; and to be neatly done, requires considerable practice.

HAUNCH OF VENISON.

Have the joint lengthwise before you, the knuckle being the furthest point. Cut from A to B, but be careful not to let out the gravy; then cut along the whole length from A down to D (see Engraving). The knife should slope in making the first cut, and then the whole of the gravy will be received in the well. The greater part of the fat, which is the favourite portion, will be found on the left side, and care must be taken to serve some with each slice.

ROAST TURKEY.

Cut long slices from each side of the breast down to the ribs, beginning at A B from the wing to the breast-bone. If the party be so large as to render it necessary, the legs may then be removed, and the thighs divided from the drumsticks, which are only served in cases of necessity, as being rather tough; but the pinions of the wing are very savoury, and the white part of the wing is preferred by many to the flesh of the breast. The joint of the pinion may be found a little below B, and the wing may then be easily removed without touching the leg. The carcass is very seldom dissected, but the body is frequently filled with either truffles, mushrooms, or other matter: in which case an opening must be

made into it, by cutting a circular incision through the apron, at c. (See Engraving.)

BOILED TURKEY

Is carved in the same way as the roast, the only difference being in the trussing; the legs in the boiled being drawn into the body, and in the roast skewered. (See Engraving.)

TURKEY POULTS

Are carved and helped in the same way as pheasants; the stuffing of the grown birds being usually omitted.

A GOOSE.

Place the neck end towards you, cut the breast into slices, and serve them as cut. If the legs be required, turn the goose upon the side, put the fork into the small end of the bone in the leg, press it to the body, pass the knife in at 4, turn the leg back, and it will easily come off. Next remove the wing on the same side, by putting the fork into the small end of the pinion, pressing it to the body, dividing the joint at 4, and taking it off in the direction of 3; then turn over the goose, and take off the other leg and wing. Remove the merrythought as from the fowl, and cut off the side-bones as by the wing, and the lower side-bones. Divide the breast from the back, and the back itself as of a fowl. Next to the breast, the thigh and the fleshy portion of the wing are favourite parts. If the

goose be not entirely cut up, the apron, 1, 2, should be removed to get at the stuffing. (See Engraving.)

A DUCK

Should be cut up as a goose.

ROAST FOWL.

Slip the knife between the leg and body, and cut to the bone; then, with the fork, turn the leg back, and the joint will give way if the bird is not old. Take the wing off in the direction of A to B, only dividing the joint with your knife. When the four quarters are thus removed, take off the merrythought from C, and the neck-bones; these last, by putting in the knife at D, and pressing it, will break off from the part that sticks to the breast. The next thing is to divide the breast from the carcass, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half-way from the neck to the rump, and, on raising the lower end, it will separate readily. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg, insert the knife into the joint as represented in the Engraving. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts.

If the bird be a capon, or large and roasted, the

breast may be cut into slices in the same way as a pheasant.

The difference in the carving of boiled and roast fowls consists only in the breast of the latter being always served whole, and the thigh-bone being generally preferred to the wing.

A PARTRIDGE

Is to be cut up as a fowl: take off the wings in the lines 1, 2, and the merrythought in that of 3, 4 (see Engraving). Partridges may likewise be cut in half. The prime parts are the breast and wings, the tip of the latter being the greatest delicacy.

PIGEONS

May be cut in half, the lower half being usually most esteemed. In helping a pigeon-pie, if the birds be not previously divided, take them out separately on a plate, and cut each asunder.

THE TEA-TABLE.

"Now stir the fire and close the shutters fast,
Let fall the curtains, wheel the sofa round;
And while the bubbling and loud hissing urn
Throws up a steamy column, and the cups,
That cheer, but not inebriate, wait on each,
So let us welcome peaceful evening in."

THE tea-table is in most families a delightful relaxation, it is prepared with no trouble and little expense, and the only time, perhaps, a father can spare to have his family once a-day collected about him, where he may see the different dispositions of his children, and draw a knowledge of the general management of his family.

It is a great pity that the tea-table, as a magnet for social re-unions, is now, in our cities, so nearly obsolete. In Paris it has been partially introduced within the last few years;—but the pleasantest society there is in the evening, where they give nothing at all, where the ladies all work, and the gentlemen, if they do not play, walk about and converse with them.

An evening spent thus in agreeable conversation, with well-informed and pleasant people, is a delightful *relaxation to* men engaged in engrossing pursuits

through the day. If ladies would add to this French fashion of evening re-unions the comfort of a cup of tea and a few cakes—without the fuss and formality attending fashionable evening parties—the pleasures of social intercourse with our friends would be immeasurably enhanced, and the extravagant expenses, now incurred, entirely be avoided.

BILLS OF FARE FOR DINNER.

DINNER FOR EIGHT. (JANUARY.)

Vermicelle Soup.

Fried Whitings.

Roast Leg of Mutton.	(2 Removes.)	Fresh Ox Tongue.
Stewed Sweetbreads.	(2 Entrées.)	Currie of Rabbits.

Roast Wild Duck.

Cheese Cakes. Mince Pies.

Spunge Jelly.

DINNER FOR EIGHTEEN. (JANUARY.)

Mock Turtle.	(2 Soups.)	Clear Ox Tail.
Fillets of Haddocks.	(2 Fishes.)	Slices of Cod, boiled.
Chicken Pie.	(2 Removes.)	Roast Pheasant.
Lobster Cutlets.	(4 Entrées.)	Fillets of Beef.
Fricassee of Fowl.		Veal Cutlets.

Second Course.

Snipes.	(2 Roasts.)	Partridge.
Soufle of Potatoes.	(2 Removes.)	Ice Pudding.
Calf's Foot.	(6 Dishes.)	Spinach.
Apricot Jelly Tartlets.		Fried Potatoes.
Pancakes.		Lemon Cream.

DINNER FOR EIGHT. (FEBRUARY.)

Hare Soup.

Haddocks. Egg Sauce.

Mutton Cutlets. Fricandeau of Veal.

Potatoes.

Second Course.

Roast Capon.

Brussels Sprouts. Blamange.

Apple Soufle.

DINNER FOR TWELVE. (FEBRUARY.)

White Macaroni. 2 Soups.) Italian Paste.

Lobster Cutlets. Broiled Herrings.

Saddle of Mutton.

Grenadins of Veal. Ox Kidney.

Chicken Patties. Calf's Cheek.

Second Course.

Roast Pheasant.

Ginger Pudding. (2 Removes.) Bread Soufle.

Noyeau Jelly. (4 Dishes.) Braised Celery.

Cream Meringues. Iced Apricot Paste.

DINNER FOR EIGHT. (MARCH.)

Oyster Soup.
Slices of Salmon.
Lobster Sauce.

Roast Beef.	(2 Removes.)	Boiled Turkey.
Stewed Pigeons.	(2 Entrées.	Curried Chickens.

Second Course.

Roast Partridges.

Sweet Omelette with Apricots.	Macaroni with Parmesan.

Rice Pudding.

DINNER FOR TWENTY. (MARCH.)

Vermicelli.	(2 Soups.)	Mulligatawny.
Turbot, Lobster Sauce.	(2 Fishes.)	Cod's Shoulders, Oyster Sauce.
Calf's Head.	(2 Removes.)	Roast of Beef.
	(4 Entrées.)	
Stewed Pigeons.		Mutton Cutlets.
Ox Palates.		Croquettes of Chicken.
	(2 Vegetables.)	

Second Course.

Roast Wild Ducks.

Siberian Pudding.	(2 Removes.)	Swiss Tart.
Trifle.	(6 Dishes.)	Apricot Pastry.
Pine Apple Cream.	Sallad.	Orange Jelly.
Asparagus.		French Beans.

DINNER FOR TWELVE. (APRIL.)

Lobster.	(2 Soups.)	Spring.
Fried Soles.		Boiled Mackerel.
Braised Fillet of Veal.		Roast Leg of Mutton.
	(2 Entrées.)	
Pork Cutlets.		Fricassee of Spring.
Tomato Sauce.		Chickens.

Second Course.

Roast Ducklings.

Wine Jelly.		Brocoli, with White
	Ginger Pudding.	Sauce.
Seakale.		Cheesecakes.

DINNER FOR EIGHT. (MAY.)

Spring Soup.
Broiled Salmon.
Boiled Leg of Mutton.

Stewed Pigeons.		Veal Cutlets.
	Roast Chicken, and Broiled Ham.	
Brocoli.		Mashed Turnips.
	2 Potatoes.	
	Rice Pudding.	
Jelly.	Sallad.	Custards.
	Rhubarb Tart.	

DINNER FOR TWELVE. (MAY.)

Julienne. Mock Turtle.
Boiled Turbot. Fried Whitings.
Roast Quarter of Lamb.
Haricot of Muttton. New Potatoes.
Boiled Chickens. Ham, or Tongue.
Seakale with Sauce. Cutlets of Pork.
Stewed Ducks with Green Peas.

Second Course.

Cheesecakes. Jelly.
Cabinet Pudding.
Cream. Trifle. Tart.
Apple Soufle.

DINNER FOR EIGHT. (JUNE.)

Hodge Podge.
Boiled Salmon.
Roast Ducks.
Green Peas. New Potatoes.
Fricassee of Chickens. Mutton Cutlets.
New Potatoes. Brocoli.
Boiled Lamb.
Caper Sauce.
Custard Pudding.
Apple Fritters. Sweet Omelette.
Gooseberry Tart.

DINNER FOR TWENTY. (JULY.)

[illegible]	(2 Soups.)	Ox Tail.
[illegible]	(2 Fishes.)	Fried Whitings.
	Roast of Beef.	
Stewed Potatoes with Spinach.		Curried Chickens.
Boiled Turkey Poult, with Oyster Sauce.	Lettuce.	Boiled Tongue.
Fricassee of Chickens.		Mutton Cutlets.
	Roast Lamb.	
	4 Dishes Potatoes.	
Spinach.		Cauliflower.
Green Peas.		White Turnips.

Second Service.

Plum Pudding.

Jelly.		Italian Cream.
Tart.	Flower.	Gateau.
Blancmange.		Jelly.

Cabinet Pudding.

DINNER FOR SIX. (JULY.)

Spring Soup.

Herrings.

Roast Lamb.

New Potatoes.	Artichokes.
Veal Cutlets.	Curried Sweetbreads.
Cauliflower.	New Potatoes.

Roast Chicken with Ham.

Second Service.

Apple Fritters.

Jelly.	Custard.

Pancakes.

DINNER FOR TWELVE. (JULY.)

Hodge Podge.
Mulligatawny.

Turbot, White Sauce. — Boiled Salmon.

Roast Beef.

Calf's Head. — Mashed Turnips.
Roast Ducks. — Boiled Mutton.
Green Peas. — Mutton Cutlets.

Stewed Fillet of Veal.
Cabinet Pudding.

Jelly. — Custard.
Cheesecakes. — Strawberries. — Jelly.
Hot Currant Tart.

DINNER FOR TEN. (AUGUST.)

Green Pea Soup.
Trout.
Roast Chickens.

Stewed Pigeons. — Cauliflower.
Veal Pie. — Ox Tongue.
French Beans. — Fillets of Beef.

Boiled Lamb.
Caper Sauce.

Second Service.

Macaroni.

Custards. — Crab Sallad. — Pine-Apple Fritters.

Lemon Pudding.

DINNER FOR SIX. (SEPTEMBER.)

Hare Soup.

Cod—Oyster Sauce.

Roast Beef.

Cauliflower.	Potatoes.
Boiled Chickens.	Larded Sweetbreads.
Brussels Sprouts.	Turnips.

Boiled Mutton.

Roast Partridges.

Strawberry Omelette.

Apricot Tartlets.	Custards.

Damson Tourte.

DINNER FOR TEN. (OCTOBER.)

Friar's Chicken.	Cottage Soup.
Fillets of Halibut.	Broiled Trout.
Rolard of Veal, glazed. Sauce Tomato.	Braised Fresh Ox Tongue.
Cauliflower.	Potatoes.
Rump Steak Stewed.	Broiled Pigeons.
Artichokes.	Mashed White Cabbage.

Vermicelli Pudding.

Lemon Cheesecakes.	Apple Meringue.
Stewed Pears.	Cherry Tartlets.

Savoury Omelette.

DINNER FOR SIX. (NOVEMBER.)

Cod's Head and Shoulders.
Oyster Sauce.
Civet of Hare.

Chicken Vol-au-vent. Veal and Ham Patties.

Macaroni.

Custards in Glasses. Jellies in Glasses.

Damson Tart.

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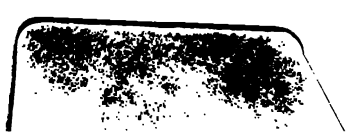
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